Appendix 1: Obstetric thromboprophylaxis risk assessment and management

**Antenatal assessment and management (to be assessed at booking and repeated if admitted)**

- **HIGH RISK**
  - Requires antenatal prophylaxis with LMWH
  - Refer to trust-nominated thrombosis in pregnancy expert/team

- **INTERMEDIATE RISK**
  - Consider antenatal prophylaxis with LMWH

- **LOWER RISK**
  - Mobilisation and avoidance of dehydration

**Postnatal assessment and management (to be assessed on delivery suite)**

- **HIGH RISK**
  - At least 6 weeks' postnatal prophylactic LMWH

- **INTERMEDIATE RISK**
  - At least 10 days' postnatal prophylactic LMWH

- **LOWER RISK**
  - Early mobilisation and avoidance of dehydration

**Four or more risk factors: prophylaxis from first trimester**

- Obesity (BMI > 30 kg/m²)
- Age > 35
- Parity > 3
- Smoker
- Gross varicose veins
- Current pre-eclampsia
- Immobility, e.g. paraplegia, PGP
- Family history of unprovoked or estrogen-provoked VTE in first-degree relative
- Low-risk thrombophilia
- Multiple pregnancy
- IVF/ART

**Three risk factors: prophylaxis from 28 weeks**

- Fewer than three risk factors

**Two or more risk factors**

- Fewer than two risk factors

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APL = antiphospholipid antibodies (lupus anticoagulant, anticardiolipin antibodies, β₂-glycoprotein 1 antibodies); ART = assisted reproductive technology; BMI based on booking weights; DM = diabetes mellitus; PGP = complex cerebral palsy; OHSS = ovarian hyperstimulation syndrome; IVF = in vitro fertilisation; LMWH = low-molecular-weight heparin; long-distance travel = > 4 hours; low-risk thrombophilia = heterozygous for factor V Leiden or prothrombin G20210A mutations; OHSS = ovarian hyperstimulation syndrome; PGP = pelvic girdle pain with reduced mobility; PPH = postpartum haemorrhage; thrombophilia = inherited or acquired; VTE = venous thromboembolism.

Antenatal and postnatal prophylactic dose of LMWH

- **Weight < 50 kg:** 20 mg enoxaparin/3500 units dalteparin/3500 units tinzaparin daily
- **Weight 50–90 kg:** 40 mg enoxaparin/5000 units dalteparin/4500 units tinzaparin daily
- **Weight 91–130 kg:** 60 mg enoxaparin/7500 units dalteparin/7000 units tinzaparin daily
- **Weight > 130 kg:** 80 mg enoxaparin/10000 units dalteparin/9000 units tinzaparin daily

- **Weight > 170 kg:** 0.6 mg/kg/day enoxaparin/ 75 u/kg/day dalteparin/ 75 u/kg/day tinzaparin daily