

Pre- operative period:

- Advise people to consider stopping oestrogen-containing oral contraceptives or hormone replacement therapy 4 weeks before elective surgery. If stopped, provide advice on alternative contraceptive methods. Individuals can be directed to seek further advice from their GP or from Brighton and Hove Sexual Health and Contraception (SHAC) service. Further information on contraception can be obtained from [Contraception Choices](#)

Intra- operative period: (see [BSUH epidural policy](#))

- Consider regional anaesthesia where possible. Consider regional anaesthesia
- For individual patients, as it carries a lower risk of VTE than general anaesthesia.
- Prophylactic dose LMWH (weight-based dosing) should be withheld minimum of **12 hours** prior to epidural and can be given 4 hours after catheter removed
- Treatment dose LMWH must be withheld for minimum **24 hours**
- Procedures under local anaesthesia do not need VTE prophylaxis
- General anaesthetic time \geq 90 minutes is considered a risk factor for thrombosis

Post-operative period:

- Encourage patients to mobilise as soon as possible
- Do not allow patients to become dehydrated unless clinically indicated