

# Immune Thrombocytopenia (Child)



Immune thrombocytopenic (ITP) is a blood disorder in which the platelets, the cells that help stop bleeding, are reduced in the blood. This leads to problems with blood clotting. ITP occurs when the body's immune system that fights infections attacks the body's platelets. As a result, your child may have a higher risk of bleeding. Even without treatment, most children recover from ITP in a few weeks or months. Here's what you need to know about home care.

## Medicines

- Don't give your child the following medicines unless your child's healthcare provider tells you to. These medicines interfere with blood clotting:
  - Aspirin
  - Ibuprofen
  - Other nonsteroidal anti-inflammatory medicines, such as naproxen
  - Cough medicines that contain aspirin or ibuprofen
- Don't give your child any other medicines without checking with your child's healthcare provider first. This includes prescription and over-the-counter medicines. It also includes any vitamins, herbs, or supplements.
- Give your child all medicines exactly as directed by the healthcare provider.

## Reducing the risk of bleeding

Follow these tips:

- Talk to your child about ways they can prevent bruising or bumping the skin.
- Be careful when using nail trimmers on your child.
- Teach your child to blow their nose very gently so that they won't get a nosebleed.
- If your child has frequent nosebleeds, use a cool mist humidifier to keep the air moist inside your home, particularly in your child's bedroom.
- Make sure your child wears comfortable, thick-soled shoes when outside.
- Make sure your child wears suitable protective gear, such as a helmet and pads, during activities, such as cycling, skating scootering, or playing other sports. Follow your healthcare provider's advice about whether your child can engage in contact sports.
- Apply the correct padding to your baby's crib or toddler's bed.
- If your child has problems with bleeding gums, ask your child's healthcare provider or dentist about getting a sponge toothbrush instead of one with bristles.
- Talk with your child's healthcare provider before allowing your child to take part in any sports or athletic activities that carry a risk of injury.
- Tell your child's school about your child's condition. Ask your child's provider to give guidelines to the school about your child's participation in activities and sports.

- Tell your child's dentist that your child has ITP before any procedures.

## Follow-up

Here are suggestions for follow-up care:

- Make a follow-up appointment with your child's healthcare provider, or as directed.
- Keep all follow-up appointments. Your child's provider will need to watch your child's blood platelet count closely.

## When to call the healthcare provider

Know the number to call for questions or concerns. Call your child's provider right away if your child has any of the following:

- Easy bruising
- Bleeding for no clear reason
- Heavy bleeding or bleeding that lasts longer than normal, including heavier-than-normal menstrual bleeding
- Tiny areas of pinpoint bleeding on (or just under) the skin of the arms or legs
- Blood in the urine or stool (bright red or dark black)
- Vomiting blood (bright red or looks like coffee grounds)
- Bleeding from the nose or gums
- Headaches
- Confusion
- Head trauma or injury
- Any major injury
- Vision changes
- Stiff neck

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