

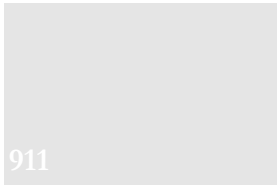
Bleeding

Just the Facts

conditioning therapy slows the production of platelets. Platelets help the blood to clot or stop flowing if there is an injury. The transplant patient is at risk for bleeding. Bleeding problems can be triggered by certain medications, injuries, vigorous exercise, or deep massage when your platelet count is low.

Your Goals:

- ✓ Prevent bleeding.
- ✓ Control bleeding if it starts.
- ✓ Call for professional help when needed.



Emergency Signs and Symptoms:

Call 911 IMMEDIATELY if:

- ☐ Uncontrolled, constant bleeding.
- ☐ Patient is unconscious.

Urgent Signs and Symptoms:

Call the Clinic or the After Hours Clinic NOW if:

- ☐ New or increased bleeding or bruising.
- ☐ Bloody urine.
- ☐ Bloody diarrhea.
- ☐ Unable to stop nosebleed.
- ☐ Vomiting of blood.
- ☐ Patient falls or is injured.
- ☐ One or more feminine pad per hour is used.

Important Signs and Symptoms:

Report symptoms to doctor or nurse during clinic hours today.

- ☐ Little red or purple spots on the skin or in the mouth.
- ☐ New bruising.

What You Can Do At Home:

Prevent bleeding.

- ➡ Do not take over the counter medications without consulting your nurse, doctor or pharmacist. Certain medications can increase your risk of bleeding. Do not take aspirin, ibuprofen, amproxin (Aleve®), Alka-Seltzer®, or cold remedies containing these drugs
- ➡ Take blood pressure medications as ordered. High blood pressure can trigger bleeding.
- ➡ Use a soft bristle toothbrush.
- ➡ Do not use razor blades; use electric razors for shaving.
- ➡ Use caution to avoid falls.
- ➡ No vigorous exercise; follow activity guidelines from physical therapist or doctor.
- ➡ Do not perform deep massage.
- ➡ Do not blow nose hard or scratch inside of nose.
- ➡ Women with menses should use pads, not tampons.
- ➡ Women are not to resume sexual intercourse if they have experienced breakthrough bleeding (any vaginal bleeding within 2 weeks).
- ➡ No anal sex until platelets are stable.
- ➡ No rectal insertion of suppositories, enemas, or thermometers.

Control bleeding if it starts.

- ➡ Apply pressure to the bleeding site. For example, for a nosebleed press the nostrils together firmly with the fingers. Or wrap ice in a soft cloth and press it firmly against the nostrils.
- ➡ Hold pressure on bleeding site for a full 5 minutes before checking to see if bleeding has stopped.
- ➡ Remain calm.

Call for professional help when needed.

- ➡ If a nosebleed doesn't stop after 30 minutes of pressure contact the SCCA Clinic or Outpatient Department.
- ➡ When transporting a patient with a bleeding problem keep pressure on the bleeding site. Keep the patient quiet and minimize activity.