Follow these bleeding precautions if you have an increased risk of bleeding. This includes patients receiving chemotherapy or biotherapy with a platelet count below 100,000, patients taking anticoagulants such as heparin or warfarin (Coumadin®), and patients with liver failure.

Hygiene

- Use only a soft toothbrush. If your gums bleed, use mouth swabs instead of your toothbrush. Do not floss your teeth.
- Use an electric razor instead of a razor blade – especially if your platelets are less than 20,000.
- Wear shoes at all times.
- Blow your nose gently.
- Avoid using enemas, rectal thermometers and suppositories. Women should not use tampons, vaginal suppositories, or douches.

Activity

- Avoid tight-fitting clothing such as skirts or slacks with tight waistbands.
- Avoid cutting with sharp knives or working with sharp blades.
- Use gloves when gardening.
- Avoid contact sports such as football or hockey.
- Change positions slowly. Sit on edge of bed one or two minutes before you stand. If you are unsteady on your feet, ask for help each time you want to stand or walk.
- You may have sexual intercourse but use a water-based lubricant such as K-Y Jelly® if needed.

To Prevent Problems

- Check with your doctor, nurse, or pharmacist before taking any over-the-counter medication.
- Do not take aspirin or aspirin-containing medicines unless ordered by your doctor.
  - Many prescription and non-prescription products, especially arthritis, cold, and sinus medications, contain aspirin (acetylsalicylic acid).
  - Check the active ingredient label carefully – do not simply rely on the brand name of the product.
  - Ask your pharmacist if you need help choosing a product that does not contain aspirin.
- Do not take herbals or other complementary therapies without checking with your doctor first. Some of these can increase your risk of bleeding.
• Do not take any analgesics or anti-inflammatory medicines that contain salicylates without first checking with your doctor.
  - Both prescription and non-prescription contain salicylates, which are similar to aspirin and need to be avoided.
  - Non-steroidal anti-inflammatory medicines include Motrin®, Aleve®, and others. These also need to be avoided.

• Take stool softeners as needed to prevent straining. Increase the fiber in your diet and drink more fluids. Ask your nurse or dietitian for diet tips.

• Apply firm pressure right away to any site of bleeding for five minutes or until the bleeding stops. If the bleeding does not stop, call your doctor or go to the Emergency Room.

Call Your Doctor or Nurse Right Away:

• If you have a nosebleed, bleeding gums, bleeding from an incision site, or blood in your urine or stool.

• If you notice new reddened pinpoint areas (petechiae) or bruises.

• If you have headaches, feel very drowsy or confused, or are falling.