
How to Lessen the Risk of Bleeding

GENERAL INFORMATION

The tendency to bleed is a common side effect of many chemotherapeutic agents. It is also a symptom of many hematologic diseases. The following suggestions can help reduce the risk of bleeding.

GUIDELINES

1. Avoid intramuscular injections when possible.
2. Avoid measuring temperature rectally.
3. Use electric razors.
4. Use soft-bristle toothbrushes.
5. Keep fingernails and toenails short and carefully trimmed.
6. Prevent constipation.
7. Routinely inspect mouth, skin, stool, and urine for blood or signs of bleeding.
8. Avoid strenuous activity and activity that may cause trauma or injury.
9. Avoid the use of aspirin and aspirin-containing substances.
10. Do not walk barefoot.
11. Do not use dental floss.
12. Apply ice and firm pressure to minor cuts of the skin and tongue.
 - Tell your nurse or doctor *immediately* if you
 - Are coughing up blood;
 - Have bright red blood in your urine or stool;
 - Have bleeding that does not stop.

OTHER INSTRUCTIONS
