



Low Platelet Count Bleeding Precautions

Chemotherapy or radiation therapy may cause a decrease in your platelet count. Platelets are small cells in your blood that help blood clot. If your platelet count is below normal you may be at risk for bleeding.

Suggestions to help you reduce the risk of bleeding:

- Do not use aspirin or non-steroidal anti-inflammatory medicine (Advil, Motrin, Aleve, Naproxen). Use Tylenol instead.
- Do not use a blade razor. Use an electric razor.
- Avoid rectal temperatures, enemas, suppositories, etc.
- Be cautious and careful to avoid physical activities that could cause injury.
- Monitor all bowel movements, vomit and urine for blood. Report any bleeding to your doctor or nurse. Avoid being constipated.
- Use a soft bristle toothbrush.
- Should you need dental work, surgery, or treatment of a severe injury such as a broken bone, tell your doctor.
- If you cut yourself, apply direct pressure to the cut for at least 5 minutes to stop the bleeding.
- If you have a nosebleed, pinch your nose for at least 20 minutes and avoid blowing your nose so you do not dislodge the clot.

Call your physician:

- If you notice increased bruising.
- If small, bright red or purple spots appear on your skin.
- If bleeding around your gums does not stop easily.
- If you have an uncontrolled nosebleed.
- If your stools are black or bloody.
- If your vomit is dark or looks like coffee grounds
- If your urine is pink or reddish.