

Important Reminders for Bleeding Disorder Care

This handout tells you:

- When to call IHTC
- What to do when you get a vaccine
- What medicines to avoid

When to call IHTC at 317-871-0000



I'm having a bleeding episode

- As soon as you notice the bleed.
- If you're still bleeding 24 hours after an infusion.



I have questions for my doctor



I hit my head

- Right after you hit your head, even if you feel okay.
- Even a small bump to the head can be serious for someone with a bleeding disorder. You may not see a bump or bruise, even if there is bleeding inside your head.



I need a procedure, like a cavity filling or surgery

- Before you schedule your procedure or surgery.



I am in the hospital



I have questions about or need a refill on my bleeding disorder medicine

- When you need a refill on your medicine (please call at least one day in advance).

I need a vaccine

You can get a vaccine the normal way (like a shot into your arm or leg muscle).

Take these steps to help prevent bleeding:



1. Ask the person giving you the shot to use the smallest needle possible.
2. After every vaccine, apply pressure to the site for 1 to 2 minutes.

If needed, you can get vaccines under your skin (subcutaneously) instead of into your muscles (intramuscularly).

Avoid These Medicines

Certain medicines can cause you to bleed more. Avoid taking these medicines and supplements:

- Medicines that reduce pain and fever (also called NSAIDs):
 - Aspirin (also called salicylic acid)
 - Ibuprofen (also called Advil or Motrin)
 - Naproxen (also called Aleve)
- Herbal supplements (ask for a list)