

# Important Reminders for Bleeding Disorder Care

## This handout tells you:

- When to call IHTC
- What to do when your child gets a vaccine
- What medicines your child should avoid

## When to call IHTC at 317-871-0000



### My child is having a bleeding episode

- As soon as you notice the bleed.
- If your child is still bleeding 24 hours after an infusion.



### I have questions for my child's doctor



### My child hit their head

- For instructions right after your child hits their head, even if your child feels 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 child's head.



### My child needs a procedure, like a cavity filling or surgery

- Before you schedule your child's procedure or surgery



### My child is in the hospital



### I have questions about or need a refill on my child's bleeding disorder medicine

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

## My child needs a vaccine

Your child can get a vaccine the normal way (like a shot into their 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.
3. If needed, you can get vaccines under your skin (subcutaneously) instead of into your muscles (intramuscularly).
4. Children (under 18 years old) should not get more than 2 vaccines in a single visit.
  - a. Your child can get one shot into each leg (one in the left leg and the other in the right leg) at a single visit.
  - b. Your child **cannot** get 2 shots in the same spot (both in the right leg). They need to wait at least 1 week before getting a second shot in the same spot

## Avoid These Medicines

- Certain medicines can cause your child to bleed more. Avoid giving your child 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)