

Bleeding Precautions for BMT and Hem/Onc Patients

If your platelets become low, you are at risk for bleeding. You are at highest risk if your platelet count is less than 50,000. If your doctor or nurse says that you are at risk for bleeding, please follow these instructions:

- Do not floss - use a soft tooth brush
- Do not blow your nose harshly - use saline nasal spray to keep your nose moist and prevent nose bleeds
- Do not rub your eyes - use artificial tears
- Do not scratch - use Eucerin® lotion daily after showering
- Do not strain with bowel movements
- Do not have sexual intercourse (vaginal, anal)
- Do not shave with a blade razor - only use an electric razor
- Do not play contact sports
- Avoid popcorn and hard to chew items
- Avoid vomiting - call your nurse for anti-nausea medications
- Do not put anything in your rectum or vagina (no enemas, tampons, vaginal dilators)
- Do not use Aspirin/Excedrin/Ibuprofen or medications that affect platelets
- Notify staff immediately if you have:
 - Blood in urine, stool, vomit, sputum
 - Excessive bruising
 - Headache
 - Nosebleed

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