

Thrombocytopenia

What is Thrombocytopenia? Thrombocytopenia is defined as a decrease of platelets (cells that are important for clotting) in the blood stream. This condition is common following chemotherapy.

Signs and Symptoms

- Heavy or prolonged nosebleeds
- Bleeding gums and mouth
- Blood blisters in the mouth
- Prolonged bleeding after a cut or injury
- Coughing up blood
- Bruising easily
- Presence of tiny, painless pinpoint red or purple spots that appear on the skin (petechiae)
- Black bowel movements
- Blood in urine, stool, or vomit
- Heavy menstruation (changing your pad after less than two hours or you pass clots the size of a quarter or larger)

Things to Do

- Use a soft toothbrush
- Check your skin daily for bruising or red dots
- If bleeding occurs, apply pressure to the area for at least 10 minutes
- Eat a diet that will prevent constipation (ask your health care team for more information)
- Wear protective footwear such as shoes or sneakers to keep feet covered
- Shave with electric razor only

Things to Avoid

- Activities that may cause injury or trauma (talk to your healthcare provider about what activities to avoid)
- Shaving with a razor blade
- Vaginal douches or tampons
- Inserting anything in the rectum (suppositories, enemas, thermometer)
- Blood thinning medicines including aspirin, naproxen and ibuprofen (check with your healthcare provider about any medicines or supplements.)
- Walking barefoot
- Alcohol and mouthwashes with alcohol
- Dental floss
- Touching the inside of your nose or forcefully blowing your nose
- Speak to your healthcare team before receiving any injections

Call your healthcare provider if you have:

- Bleeding that does not stop after five minutes of pressure
- Bleeding that occurs without a cause
- Blood in urine, stools, or vomit
- Excessive bruising
- Changes in vision or double vision

If you are in need of immediate assistance, please call 732-235-2465 and select the option that best meets your needs.