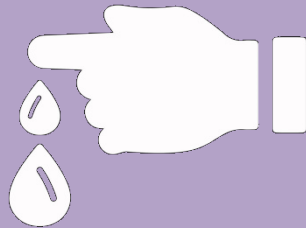


Bleeding



Réseau de
cancérologie
Rossy

Rossy
Cancer
Network

Symptom Management Tip Sheet

Let's talk about bleeding...



- Bleeding refers to loss of blood or bruising. This can happen for different reasons, such as low platelets from chemotherapy.
- **Call your healthcare team IMMEDIATELY IF YOU HAVE ANY NEW Bleeding, bleeding you can't control, or new/large bruising.** This is especially important if you have a fever (temperature greater than 38°C).
- If you have a nose bleed longer than 10 minutes, or there is blood in your vomit, or you have to change a sanitary pad more than once per hour, **GO TO THE EMERGENCY ROOM.**

** If you are undergoing IMMUNOTHERAPY and have these symptoms please contact your healthcare team as soon as possible. Delays can increase side effects and toxicity.*



What you can do

- Try applying direct pressure for 10-15 minutes when the bleeding occurs.
- Try using ice packs to slow the bleed.
- If you have a dressing and bleeding occurs when it is changed, please tell your nurse.
- If you might be at risk for bleeding due to chemotherapy or blood thinner medication, use a soft toothbrush and avoid razors to lower your risk of bleeding.
- Avoid taking suppositories.

Based on: Remote Symptom Practice Guides for Adults on Cancer Treatments © 2020 D Stacey for the Pan-Canadian Oncology Symptom Triage and Remote Support (COSTaRS) Team. University of Ottawa School of Nursing and the Ottawa Hospital Research Institute, Ottawa, Canada.



Medication

Speak to your healthcare team about medications you are taking that may affect bleeding.

This information should not be considered as medical advice. It is not to be used in place of a visit with a doctor, nurse or other healthcare professional. If you have questions about your individual medical situation, please consult with your healthcare professional.

Other resources

General information at
mcgill.ca/rcr-rcn/patient

Who can help



Nurse Navigator (IPO)

If you have one, please speak with your IPO

If you are getting treatment at:

- **Oncology Clinic, call:**
Symptom Management Hotline
514-340-8222 ext. 25529
Mon – Fri. 8h00-16h00
Nights/Weekends: 514-340-8232
- **Radiation Oncology Clinic, call:**
514-340-8222 ext. 24124