

## Tips for Low Platelets

1. Avoid contact sports or activities where injury often occurs.
2. Check your mouth and gums daily for bleeding. If your gums do bleed, don't use a toothbrush, water pik, or put any sharp objects in your mouth. Your oncologist may prescribe a mouth rinse to help keep your breath fresh and your mouth clean.
3. Let your oncologist know if you see any blood in your pee or poop. This may be embarrassing, but please don't let that ever stop you from letting someone know! After a while, you'll get used to talking about all your body fluids.
4. One more thing about the poop issue: Don't strain to move those bowels. If you are constipated (difficulty pooping), tell your oncologist. There are things to take, like stool softeners, to make life easier at that end.
5. Girls - tell your oncologist if you have more bleeding than usual during your periods or if they last more days than usual.
6. **ALCOHOLIC BEVERAGES CAN CAUSE A BLEEDING IN THE DIGESTIVE TRACT AND SHOULD NOT BE TAKEN!!!**
7. If there is a need to shave, use an electric razor to avoid cuts in the skin.
8. If you get a bloody nose, lean slightly forward, and gently pinch your nostrils across the bridge of your nose. You can also apply a small wad of moist cotton into the side of the nostril that is bleeding and then squeeze both nostrils together. If you are still bleeding after ten minutes, call your oncologist.
9. Always check with your oncologist before taking any medication.
10. Never take aspirin, or ibuprofen, because they can prolong bleeding.
11. Don't get any body piercing or tattoos while you're under treatment.
12. If you are sexually active, you should know that deep kissing can spread infections, and if you have intercourse, you should definitely use 'safe sex' rules. Not having sex would be the best, especially if you are in active treatment. You should definitely talk to your oncologist or nurse about what is safe for you!