

Bleeding



Preparing for potential Bleeding

Bleeding occurs for many different reasons such as clotting disorders, tumors that wear away at blood vessels, and ulcers. People who have had previous bleeding are at an increased risk. The most effective plan is to anticipate the bleeding and have a plan in place.

Signs of Bleeding

- Blood-tinged coughing or vomiting
- Blood in urine
- Black or tar-like stool
- Nose bleeds
- Skin with excess bruising or many pinpoint sized red areas on the skin
- Bleeding when shaving, brushing teeth, or minor cuts

Management

- Keep air humidified
- Have bandages/dressings available
- Keep dark colored towels or blankets and waterproof under pads on hand
- Keep nonsterile gloves on hand
- Protect fragile skin with sleeves or soft gloves
- Consider stopping medications that increase bleeding risk

What should I communicate to the hospice/palliative care team?

- Any change in frequency or quantity of above signs
- Stopping any medications or remedies that can cause bleeding
- Any falls or accidents

If you need help with your symptoms, call VNA 24hrs a day:

214-689-0000