

## BLEEDING PRECAUTIONS

<i>Client:</i>	<i>Date:</i>
<i>Clinician:</i>	

*The following precautions pertain to clients that are at a higher risk for bleeding due to:*

- *Anticoagulants or other drugs that may cause bleeding (Coumadin, Heparin, Aspirin, etc)*
  - *Disease complications (diabetes, etc)*
  - *Trauma (cuts, falls, wounds, etc)*
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1. DO NOT use straight edge razors, trim nails or use sharp tools or utensils
2. DO NOT use electric toothbrushes, use soft toothbrushes
3. Report to your Nurse if you have:
  - a. Nosebleeds
  - b. Bleeding gums
  - c. Blood in urine
  - d. Blood in stools or tarry/black stools
  - e. Coughing or spitting up blood
  - f. Vomiting blood/ coffee ground appearing vomitus
  - g. Abdominal bruising or pain
  - h. Joint pain
  - i. Bleeding into the whites of the eyes
  - j. Trauma induced bleeding
4. Immediate treatment for active bleeding
  - a. Apply direct pressure to site for 5 minutes
  - b. Assume a lying position
  - c. Elevate site of bleeding
  - d. If bleeding continues, call your nurse
  - e. If bleeding is profuse call 911

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### **IMPORTANT NOTICE**

Contact the on-call nurse if you are experiencing any change in your current health condition  
For ALL emergencies requiring IMMEDIATE medical attention, call 911  
Teachingsheet-bleeding/09-09