# Look for signs of bleeding each day







Yellow zone



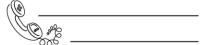
Red zone

You are in control.

Take action today. Call:

Take action now! Call:





# Do I have new bruises or signs of bleeding?

I do not have any signs of bleeding or new bruises.

I go to the bathroom and my urine (pee) and stool (poop) look like they usually do. I bleed when I:

- Brush my teeth.
- Blow my nose.

I have a new bruise and do not know how I got it.

I have a fever over 101.5

For women: my period is heavier than usual.

- My nose or gums bleed on their own.
- When I cough or throw up I see blood or what looks like coffee grounds.
- Cuts take a long time to stop bleeding.
- My injection or surgery site oozes.

I go to the bathroom and:

- My urine (pee) is brown or red.
- My stool (poop) is red or black.

# Did I fall or bump myself?

I did not fall or bump myself.

I fell/bumped myself but:

- Did not hit my head.
- Do not have a bruise.

I fell/bumped myself and:

- Hit my head.
- Feel confused.
- Have a bruise.

I have a rash or dark spots under my skin.

# Do I have new pain?

I do not have new pain or a headache.

#### I have:

- Mild pain in my joints but it is not new.
- A headache but it is not unusual for me.

#### I have:

- New pain in my joints, back or stomach.
- Chest pain when I breathe.
- A bad headache or feel dizzy.

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# My plan for preventing bleeding at home

# Tell my doctors/care team about other medicines I take

Some over-the-counter medicines can cause bleeding problems. These include non-steroidal anti-inflammatories (NSAIDs) such as:

- Aspirin
- Ibuprofen (Advil®, Motrin®)
- Naproxen (Aleve®)

## Avoid cuts or falls around the house

- Be extra careful when using knives and scissors.
- Consider using an electric razor.
- Use a toothbrush with soft bristles and avoid toothpicks.
- Take extra care when trimming toe and fingernails.
- Ask my doctor/care team to help trim corns or calluses.
- Wear shoes or non-skid slippers.

### Avoid cuts or falls outside

- Wear shoes when outside.
- Wear gloves when using sharp tools or gardening.
- Avoid sports or activities where I can get hurt.

## Know what to do if I cut myself

- Use a clean, dry gauze and put pressure on the cut.
- Keep pressure on the cut for a few minutes until the bleeding stops.