

..... has ITP and can get or may have serious bleeding.
In rare cases spontaneous internal bleeding can occur.

On no account may he/she be treated with aspirin or products e.g. NSAIDs containing aspirin. This is because of the antiaggregatory effect on the platelets i.e. agglutination. Paracetamol may be given.

What is ITP?

Immune Thrombocytopenia (formerly known as: Idiopathic Thrombocytopenic Purpura) is a condition characterised by an increased risk of bleeding. In ITP the body makes antibodies against its own platelets (thrombocytes), which causes a low blood platelet count. Often their production in the bone marrow is decreased.

Symptoms of ITP are

- Bruising
- Tiny bruises under the skin (called petechiae)
- Mucosal bleeding (of the mouth and gums)
- Nosebleeds
- Blood in the urine
- Excessive menstrual bleeding

Management

There are a number of treatments for ITP, each with its own benefits and risks.

Possible treatments are:

- Corticosteroids
- Splenectomy
- Immunoglobulin (IVIg)
- Rituximab
- Thrombopoietin receptor agonists.

Vaccinations and injections

Any necessary vaccinations and injections need to be discussed with the practitioner. Intramuscular injections must be avoided, but subcutaneous (under the skin) and intravenous (directly into the vein) injections are allowed.

First Aid

Seek medical help for any bleeding which cannot be stopped, if any injury shows swelling such as a sprain or strain, or if there is any sign of infection or fever, particularly in patients who have had a splenectomy or are being treated with steroids.

In any accident requiring medical treatment, it is most important that the physicians are informed that the patient has ITP, and they are shown this information.

Bleeding in the brain (Cerebral hemorrhage) is extremely rare, but the symptoms are usually obvious - intense headache, drowsiness that may lead to a loss of consciousness, vomiting and weakness of one side of the body. Seek immediate medical help.

Personal details

Name of the practitioner and the hospital
Medical condition
Allergies
Medication
Emergency contact Tel.
Address