



Low Platelet Count (Thrombocytopenia)

What you need to know and why:

- There are 3 main types of cells in your blood, white cells, red cells and platelets.
- Platelets are small cells in the blood that are responsible for clotting.
- Thrombocytopenia is an abnormally low number of platelets.
- Cancer and/or cancer treatments can decrease the number of platelets.

What you need to watch for:

- Bruising easily
- Black, tar like bowel movements
- Tiny pin-point red or purple dots on skin
- Bleeding easily
- Nose bleeds that don't stop easily (within 15 mins.)
- Red or pink urine
- Bleeding from gums, especially when brushing teeth

Go Directly to the Emergency Room if:

You have put firm pressure on a nose bleed or cut and bleeding does not stop.

Call if unusual bruising or bleeding occurs:

- Oncology Clinic - Monday to Friday, 8:30 a.m. to 4:30 p.m.: **905-682-6451**
- After hours and holidays call: **905-685-8082**

To Help Prevent Further Bleeding or Bruising:

- Use a soft toothbrush.
- Use electric razor and avoid sharp objects
- Talk to your oncologist if you have problems with bruising or bleeding and you are taking aspirin for another medical condition.
- Avoid dental work – check with your oncologist before going to the dentist
- Avoid constipation & straining with bowel movements

Treatment:

- While on chemotherapy, regular blood work will be done.
- Your oncologist will talk to you if you require a platelet transfusion

Personal Notes/Reminders:
