

# Tips for Managing Bleeding While on Chemotherapy

## Things you can do on your own



- If you have bleeding gums, brush your teeth gently with an extra soft toothbrush
- Use moisturizers or lip balm to prevent dry, chapped skin, and lips
- If you have superficial bleeding (e.g. cut), wash the wound with water to cleanse it, then press down firmly on the area with a clean cloth until the bleeding stops. If possible, raise the body part that is bleeding above the level of your shoulders
  - It may take longer than you expect, especially if you are on blood thinners or bevacizumab (Avastin®)
- If you have mild epistaxis (nose bleed), sit upright, lean forward slightly, and pinch the soft part of your nose above the nostrils firmly and breath through your mouth
- Avoid digging or blowing your nose
- If there is bruising, do not rub. Apply hirudoid cream (if you have) and monitor
- Avoid intense contact sports, heavy lifting, or other things that could cause injuries that bleed

## When to seek medical attention



- If the bleeding is very fast, or if slow bleeding does not stop after about 10 minutes of compression
- If you have blood in your vomit
- If your urine has blood clots or bright red blood in it
- If your stools are black or bloody
- If you have heavy menstrual bleeding or unexpected per vaginal bleeding (for females) – to go to KKH A&E
- If you have giddiness/feel light headed
- If you have blurry or double vision
- If you are feeling confused or very lethargic
- If you have chest pain / feel breathless
- If there are multiple sites of bruising or if the bruising worsens
- If you are on blood thinning medications



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Department of Oncology  
PECC-ONC-ED-2025-2078-v1

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