



Bleeding & Clotting Disorders Institute

Family-oriented care for persons with bleeding, clotting and other blood disorders

A Platelet Function Disorder is a bleeding disorder, often lifelong, that affects a person's clotting process. Individuals with platelet function disorders have a normal number of circulating platelets, but these platelets are defective and do not function properly, leading to excessive and prolonged bleeding. Platelets are blood cells that are necessary for the body to form a clot to stop and prevent bleeding:

*If your Hemophilia Treatment Center staff has identified the specific type of platelet function disorder you have, they will educate you about this at the time of your diagnosis.

✓ You have been diagnosed with _____

✓ Your primary Provider here is _____

Inheritance of platelet function disorders:

- affects both men and women equally
- may be inherited OR acquired, depending on the specific disorder

Common symptoms of platelet function disorders:

- Easy bruising
- Frequent nosebleeds
- Bleeding gums
- Heavy menstrual periods
- Prolonged bleeding after injuries or surgery
- In severe cases (rare): bleeding in stomach, intestines, muscles or joints

If you or a loved one has been diagnosed with a platelet function disorder, it is important to know when you should contact BCDI.

Please call if the person with a platelet function disorder has:

- been scheduled for **any** type of dental or surgical procedure
- prolonged (greater than 10 minutes) nose bleeding
- prolonged (greater than 20 minutes) gum or mouth bleeding
- blood in the urine or stool
- excessive or prolonged (more than 7 days) menstrual bleeding
- more frequent bruising or large, painful bruising with knots
- has suffered an injury to the head, neck, or stomach
 - **If loss of consciousness or significant bleeding – call 911 prior to making other calls.**

When in doubt, we ask that you call our office for recommendations.

- **To reach a nurse, please call (309) 692-5337.**
- **After regular business hours, please call (309) 677-6085 to reach the provider on call.**

*Any of the above situations **may** require a person with a platelet function disorder to receive treatment. It is important to contact BCDI so that treatment recommendations can be discussed.



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Available treatment options for symptoms of platelet function disorders:

- **Aminocaproic Acid (Amicar™):**
 - Available in liquid and pill form
 - Used for mouth or nose bleeding
 - Will likely be necessary with dental procedures

- **Tranexamic Acid (Lysteda™):**
 - Available in pill form
 - Used for heavy menstrual bleeding

- **Platelet transfusion(s):**
 - Given as intravenous transfusion
 - Indicated with some surgical procedures and with major injuries/bleeding episodes

There are also certain medications that persons with platelet function disorders should avoid due to their ability to cause an increase in bleeding symptoms. Persons with platelet function disorders should avoid:

- Aspirin™
- Ibuprofen (Motrin™, Advil™, etc.)
- All other NSAIDS – excluding Celebrex™ and Meloxicam™



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Staying active and activities that should be avoided:

- Although you have been diagnosed with a platelet function disorder, it is still important for you to stay active and participate in the activities that you enjoy. Persons with platelet function disorders have few limitations when it comes to sports, but there are some select activities that are too dangerous and should be avoided.
 - **Activities to avoid:**
 - Contact sports
 - Tackle Football
 - Hockey
 - Boxing, or any other contact sports
 - Riding roller coasters
 - **Refer to “Playing it Safe” Manual for more details on activity safety**
 - **Please inform your or your child’s coach of the bleeding disorder diagnosis**
 - **An emergency treatment plan should be in place when playing organized sports**

*If you are interested in a specific activity and are unsure if it is safe, please do not hesitate to contact BCDI for formal recommendations.

How to inform others about your diagnosis:

- BCDI has outreach staff that is available to come to your child’s school, local emergency department, and/or other important areas to do education on platelet function disorders. These services are offered by our clinical staff.
- Once diagnosed, a piece of medical alert jewelry should be worn at all times. Your first medic alert tag can be provided by BCDI.
- BCDI can provide you with informational travel letters, wallet cards, and other important documentation that explain your diagnosis and emergency treatment options. These documents should be carried with you or in your vehicle at all times.