

Precautions to Take When the Blood Counts Are Low

To prevent infection:

- ▶ Wash your hands often. Always wash your hands before eating, after using the toilet, and after handling your pets.
- ▶ Keep your hands away from your face (mouth, nose, eyes).
- ▶ Stay away from people who are sick.
- ▶ Your doctor may also tell you to stay out of large crowds in enclosed areas.

To prevent bleeding:

- ▶ Use a soft toothbrush.
- ▶ Check with your nurse before having dental work done.
- ▶ Use an electric razor and be careful when trimming your nails.
- ▶ Do not take anything that contains aspirin or ibuprofen. Aspirin and ibuprofen prevent normal clotting by your platelets. Use the list at the end of this booklet when buying over-the-counter medicines.

Check With Your Doctor or Nurse if You Have Any of the Following:

- ▶ Fever greater than 100.5°F or chills (check your temperature several times a day if you are feeling bad).
- ▶ Sore throat, cough, hoarseness, or mouth sores.
- ▶ You feel short of breath.
- ▶ Painful, difficult, or frequent urination.
- ▶ Fatigue, lightheadedness, excessive sleepiness.
- ▶ Irregular heart beat.
- ▶ Skin rash, itching, or redness.
- ▶ Blood in the urine or stools.
- ▶ Bleeding from the nose, gums, or hemorrhoids.
- ▶ Pinpoint red spots or bruising on the skin.

On the next page is a sample of the lab report that we review to check your blood cell levels.