

Patients with haemophilia

WHAT TO DO IN CASE OF...

Caution: if bleeding persists despite the first aid-methods mentioned below or if you have any doubt, call the nearest haemophilia centre and / or inject factor VIII / IX

Note: Octostim® by subcutaneous injection or intranasal spray is only effective in case of mild haemophilia A

Haemarthrosis (bleeding in a joint)

- Immediately inject Factor VIII (25-40 U/kg) or IX (30-50 U/kg).
- Apply ice (e.g. cold-pack) wrapped in a cloth or a cold compress.
- Immobilise the joint with a bandage or a splint (never with plaster) for 24 to 48 hours if the haemarthrosis is severe and / or was not treated immediately.
- In case of doubt (severe haemarthrosis, persistent pain), call the physician (in some cases, although rarely, it is necessary to make a puncture to evacuate the haematoma).

Haematoma (haematoma in a muscle, bruise, ecchymosis, contusion)

- **Dangerous areas:** bruising in the face (around eyes, mouth), neck, armpit, front of forearm, buttocks, groin, behind the knee, calf, and the iliopsoas muscle.
- In case of **deep haematoma** (in the **muscle**) immediately inject factor VIII / IX (or Octostim®).
- In all situations, apply ice (e.g. cold-pack) wrapped in a cloth or a cold compress and compress (possibly with a slight compression bandage) for ten minutes (if no ice available, compress with the palm of the hand).
- Optionally, define the size of the hematoma with a pen (encircle the hematoma) to monitor its progress and note the time of its appearance: if the size of the haematoma increases, inject factor VIII / IX (or Octostim®) and call the physician.

Head injury

- In case of severe blow on the head, immediately inject factor VIII / IX and call the physician.
- **Warning:** all cases of known or suspected head injury require immediate hospital care (possible signs are: headache, change of behaviour including drowsiness, vomiting, blurred vision, fainting, etc.). In case of unconsciousness or short loss of conscience, hospital-based care is necessary.

Skin wound and superficial cuts

- Disinfect or wash the wound.
- Compress for 10 minutes and then make a compression bandage.
- If **profound wound**, inject factor VIII / IX (or take Octostim®) and see a physician for stitches if necessary.

Nosebleed (epistaxis)

- Always remain seated, head bent forward (do not lie down or tilt your head backwards).
- Blow your nose once strongly, clean the nasal cavity with saline solution and then compress the nostrils firmly for 10 minutes.
- Possibly put ice (e.g. cold-pack) on the neck and forehead.
- If persistent or recurrent bleeding, take Cyklokapron® for 7 to 10 days and possibly inject factor VIII / IX (or take Octostim®).
- If no improvement, see an ENT specialist for a gaze plugging or cauterization.
- **Dangerous areas:** *bleeding further back in the nose (with blood flow in the throat).*

Bleeding in the mouth (tongue, inner cheek, lip, gum)

- Rinse mouth with Hextril®.
- If possible, manually compress 10 minutes with one or more compresses soaked with Cyklokapron®.
- Suck on ice cubes and eat cold semi-liquid foods for several days.
- If persistence or recurrence, take Cyklokapron® for 7 to 10 days and possibly inject factor VIII / IX (or take Octostim®).
- **Dangerous area:** *bleeding from the tongue.*

Loosing milk teeth (baby teeth)

- Bite on compresses soaked with Cyklokapron®.
- Eat cold semi-liquid foods for several days.
- If persistence or recurrence, take Cyklokapron® for 7 to 10 days and possibly inject factor VIII / IX (or take Octostim®).

Tooth extraction or other dental procedures

- Call your physician and dentist to discuss treatment: factor VIII / IX or Octostim® before and after any dental treatment, Cyklokapron® for 7 to 10 days, antibiotics if necessary (especially if prosthetic hip, knee, etc.).

Blood in urine

- Bed rest.
- Drink large amount if no pain (if pain, call the physician).
- Inject factor VIII / IX only if persistent or severe bleeding (in this case, call the physician).
- **Caution:** *do not take Cyklokapron®.*

Vomiting of blood or blood in the stool (black stools or red blood in / on stool)

- Inject factor VIII / IX and call the physician.



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Octostim® = DDAVP; Cyklokapron® = tranexamic acid; Hextril® = hexetidine.