

# Tips for Managing Bleeding



## Things you can do on your own

- Avoid certain medicines that cause bleeding, such as aspirin, ibuprofen (Advil), and Naprosyn.
- If you have bleeding gums, brush your teeth gently with an extra soft toothbrush.
- Use lotion or balm to prevent dry, chapped skin and lips.
- When bleeding, 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 taking blood thinners or bevacizumab (Avastin).
- Apply ice to bruised areas.
- Avoid drinking alcohol.
- Wear shoes inside and outside to avoid cutting your feet.
- Avoid intense contact sports, heavy lifting, or other things that could cause injuries that bleed.



## When to call your care team for help

- If the bleeding is very fast, or if it doesn't stop after about 10 minutes
- If you have blood in your vomit
- If your pee has blood clots or bright red blood in it
- If your stool is black or bloody
- If you have head or vision changes, such as severe headaches or blurry or double vision
- If you are feeling confused or very sleepy



For more information and support, visit the American Cancer Society website at [cancer.org/bleeding](https://cancer.org/bleeding) or call us at **1-800-227-2345**. We're here when you need us.