

## Important Medical Information



### Immune Thrombocytopenia, ITP

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This person has ITP, Immune Thrombocytopenia (formerly known as: Idiopathic Thrombocytopenic Purpura) and may suffer serious bleeding. In any accident or illness requiring medical treatment, it is most important that the medical staff is informed that the patient has ITP, and is shown this leaflet.

*Personal details (please complete)*

Name	
Emergency names and contact telephone numbers	
Name and phone number of doctor	
Name and phone number of hospital	
Current drugs	
Has had their spleen removed	Yes No
Other medical conditions	

### What is ITP

ITP is an autoimmune disorder in which the body makes antibodies against the platelets resulting in a low blood platelet count.

<b>Symptoms of ITP</b> <ul style="list-style-type: none"><li>• Bruises on the skin</li><li>• Red dots on the skin (called petechiae)</li><li>• Mucosal bleeding (of the mouth and gums)</li><li>• Nosebleeds</li><li>• Blood in the urine</li><li>• Heavy menstrual bleeding</li></ul>	<b>Extremely rare symptoms of ITP</b> <ul style="list-style-type: none"><li>• Bleeding in the brain (Cerebral haemorrhage)</li><li>• Spontaneous internal bleeding</li></ul>
<b>Management</b> <p>There are a number of treatments for ITP, each with its own benefits and risks. Many people are treated with Prednisone (a steroid) but there are a number of others, all of which are given under the guidance of a specialist haematologist.</p>	<b>Vaccinations and injections</b> <p>Necessary vaccinations need to be discussed with a doctor.</p> <ul style="list-style-type: none"><li>• Intramuscular injections of all kinds must be avoided</li><li>• Subcutaneous (under the skin) are allowed.</li></ul>











### First Aid

Seek immediate medical help for all bleeding which cannot be stopped or for any injury which shows swelling such as a sprain or if there is any sign of infection or fever, particularly for those patients who have had a splenectomy or are on steroids.

In any accident requiring medical treatment, it is most important that the medical staff is informed that the patient has ITP, and is shown this leaflet.

Bleeding in the brain (Cerebral haemorrhage) is extremely rare, but the signs are usually obvious, usually intense headache, drowsiness leading to a loss of consciousness, vomiting and weakness of one side of the body, or seizure. If these symptoms occur seek immediate medical help and urgently request a brain scan.

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