



Humber Teaching
NHS Foundation Trust

LIVING WITH THE RISK OF BLEEDING



Caring, Learning
& Growing Together



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Why have you been given this leaflet?

This leaflet has been given to you as your team is worried that you or your loved one may be at risk of suffering a major bleed.

Your care team will talk to you about the risk of bleeding and provide a suggested care plan, but you may find this leaflet helpful.

If a major bleed happens there is a possibility that you or your loved one might die. If this is the case, our aim is to minimise distress and provide comfort and support.

Useful equipment

Living with the risk of bleeding and caring for a loved one who is at risk of bleeding can be frightening. It can be useful to have some equipment easily accessible in the event of bleeding, including:

- Dark coloured towels and dressings to place over the site of bleeding.
- Blankets for warmth and comfort.
- Waterproof absorbent sheets, gloves and aprons.
- A phone nearby and emergency contact numbers.
- Your personalised care plan.

You may be offered an emergency anti-anxiety medication called Midazolam. Midazolam should be safely stored in a secure, cool, and dark place that is easily accessible.

There are 2 different ways Midazolam can be given; either by oral preparation or by a subcutaneous injection by the nurse.

This will be discussed with you and your loved ones in advance, they will be shown how to use it.

About Midazolam

Midazolam is an anti-anxiety medication, which is given to lessen distress and awareness of bleeding and works in around 15-20 minutes.

The usual dose is 10mg via an injection given by a healthcare professional or orally by carers or loved ones. Further 10mg doses can be given after 10 minutes depending on your care plan and needs.

Midazolam cannot stop the bleeding but should help manage distress and anxiety symptoms. The aim is to provide comfort during a difficult time.

The main side effect of Midazolam is drowsiness, sedation, and rarely it can slow down breathing. You may become drowsier or lose consciousness after Midazolam has been given. Please do not worry if this happens. Doses are prescribed at a therapeutic range.

What to do if bleeding starts

You can follow the ABCDE acronym:

A: Assurance - If a large bleed occurs, it is important for family and carers to remain calm and provide reassurance that the bleed was anticipated and prepared for.

B: Be there - The most important care you can offer is to stay by your relative's side all the time. Please try to avoid leaving them alone.

C: Comfort and Calm - Large bleeds rarely cause pain, but they can cause distress. Continue to comfort your relative and try to keep them calm. If available, dark towels and repositioning can make bleeding less apparent. Blankets can be used to keep someone warm.

D: Dial for Help - Call for help using your emergency contacts. District nurses will aim to arrive as soon as possible to provide support and help to keep your relative comfortable. In some cases, bleeding can happen very quickly and sometimes people can lose consciousness within minutes before help arrives.

E: Extras - In the event of a large bleed, loved ones may be able to give oral Midazolam if available. This will be discussed with you in advance.

Talking to your care team

You or your loved ones may want to discuss your personal bleeding risk and if there are any measures to lower the risk. You may also want to talk about other aspects of your care, your wishes, and what matters most to you.

Your care team can discuss what you might experience in the event of bleeding and talk you through your suggested care plan.

However, this is completely voluntary, and you may not wish to have these discussions. Let your team know how much information you want to receive so they can best support you.

Living with the risk of bleeding can be a worrying time. Please remember the chances of a major bleed occurring are low. If you have any questions or worries after reading this leaflet or need further support, please discuss these with your doctor or nursing team.

Helpful Websites...

 www.mariecurie.org.uk

 www.macmillan.org.uk

 www.nhs.uk

Contact us...

 hnf-tr.csspoc@nhs.net

 Single Point of Contact (SPOC):
01653 609609

 Emergency Services: **999**

 NHS Direct: **111**

Complaints and Feedback Team

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