

Patient information **Haemorrhage guidance**

Palliative Care Department

Introduction

Prior to discharge from hospital your health care professional should have discussed what to do if bleeding occurs at home and how to administer medications if needed.

This leaflet will explain:

- What a haemorrhage is.
- Signs and Symptoms of a haemorrhage.
- What to do in the event of a haemorrhage.
- Which medications will be dispensed and how to administer if needed.

What is a haemorrhage?

A haemorrhage is when a person loses a significant amount of blood, on rare occasions a person is unable to recover from a bleed and the goal is to focus on comfort.

Signs and symptoms of haemorrhage:

Signs of bleeding may include:

- Haemoptysis (coughing up blood).
- Haematemesis (vomiting blood).
- Melaena (dark, tarry faeces caused by bleeding in the stomach or small intestine).
- Haematuria (blood in the urine).
- bleeding from ulcers, tumours, or wounds on the skin

It is important to be aware that not all of the above will lead to a large bleed – consult with your health care professional should you experience any of the above.

What to do in the event of a haemorrhage:

Upon discharge, your healthcare professional should provide you with some 'Just in case' medications to help with symptoms. Please ensure these are safely stored and inform your District Nurse (DN) of the location when visiting.

In the event of a large bleed:

- Use a dark towel to mask blood loss.
- Try to stay calm and reassure the person bleeding.
- Stay with your loved one and keep talking to them.
- Administer Buccolam® if able (see information below).

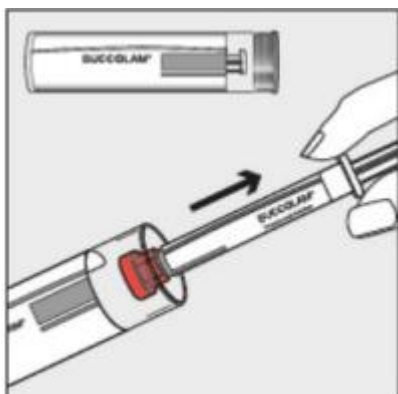
Seek help – this might include help from a friend or family member, District Nurse or GP. 999 might be appropriate depending on previous wishes and preferences.

What is Buccolam®?

Buccolam®, sometimes referred to as Buccal Midazolam, belongs to a group of medicines known as Benzodiazepines, which can help to reduce distress. It is administered between the lower gum and inside of the cheek. **Please note in some circumstances Buccolam® might not help, such as large volume bleeding from the mouth. In such situations, it is more important to seek help, focus on supporting the person who is bleeding.**

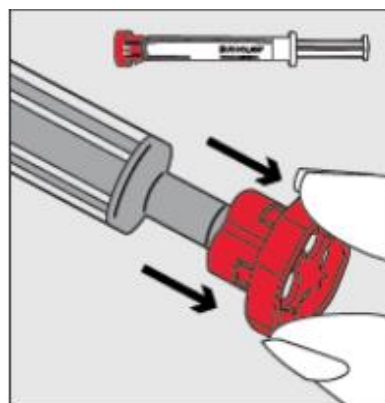
How to administer Buccal Midazolam:

Stage one



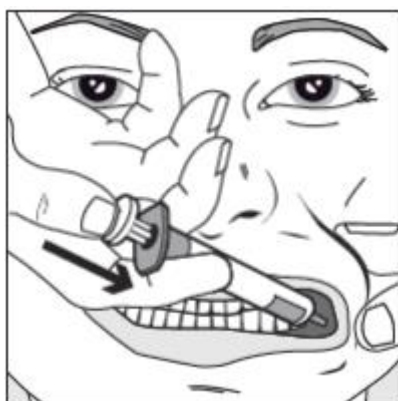
Buccolam® must not be injected.
Do not attach a needle to the syringe.
Hold the plastic tube and pull the cap off.
Take the syringe out of the tube.

Stage two



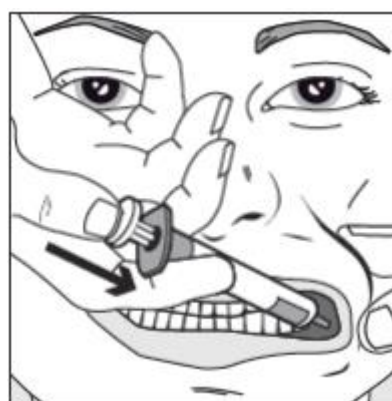
Pull the red cap off the tip of the syringe and dispose of it Safely.

Stage three



Gently hold the cheek away from the teeth. Insert the tip of the syringe between the lower gum and the inside of the cheek.

Stage four



Slowly release the solution by pressing the plunger until it stops, and the syringe is empty. Keep the syringe and show your DN/GP.

The information on how to give this medicine is also shown on the tube label.

How to store Buccal Midazolam:

Store in a dry cupboard. **Keep this medication out of reach of children.**

Do not give this medication after the expiry date which is stated on the carton, tube and oral syringe labels. The expiry date refers to the last day of that month.

Do not refrigerate or freeze.

Keep the oral syringe in the protective plastic tube.

Feedback

Your feedback is important to us and helps us influence care in the future.

Following your discharge from hospital or attendance at your outpatient appointment you will receive a text asking if you would recommend our service to others. Please take the time to text back, you will not be charged for the text and can opt out at any point. Your co-operation is greatly appreciated.

Further Information

**For further information please contact: Jenny Hill or Tina Willis,
Palliative Care Team.**

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All Trust approved information is available on request in alternative formats, including other languages, easy read, large print, audio, Braille, moon and electronically.

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