Hemophilia Safety Checklist

Hemophilia is a rare condition that keeps the blood from clotting the way it should. It can be dangerous because it can cause your child to bleed too much or to bleed into their joints, muscles or brain. Here are some of the things you can do to keep your child with hemophilia safe.

If you have a concern and you would like to talk to someone right away, call the Hemophilia Care Program of Washington.

- On weekdays from 8 a.m. to 5 p.m., call 206-987-2106
- Evenings, nights and weekends, call 206-292-6525

Planning for emergencies

☐ Get a medical identification tag or bracelet for your child.
  - Your child’s care team can help get a medical alert bracelet or necklace for your child. These have your child’s name, disease, treatment, and the phone number of your child’s care team on them.
  - Your child should wear this all the time, so they can get the right treatment as soon as possible in an emergency.
  - Be prepared to come to the emergency department.
  - Before you come to the emergency room, call your child’s care team ahead of time to let them know your child is coming.
  - Tell emergency room staff about your child’s condition. Make sure that they know to treat with factor right away.
  - Bring your child’s medicines with you if you have them at home.

☐ Have important information ready in case of an emergency.
  Be sure to bring:
  - Your child’s specific diagnosis or hemophilia type (for example, hemophilia A)
  - The name and dose of your child’s medicine
  - Treatment information or a doctor’s letter
  - Contact information for your child’s healthcare provider
Medicines, immunizations and treatments

☐ Have your child immunized.
  • Immunizations, or shots to prevent diseases, are very important for all children. It is OK for your child to get a shot even if they have a bleeding disorder.
  • If your child has moderate to severe hemophilia, your child’s immunizations should be given in the top layer of the skin (subcutaneously) instead of in the muscle. This prevents bleeding in the muscle.

☐ Avoid giving your child aspirin or medicines with ASA.
  • Aspirin can thin the blood and cause more bleeding.
  • Always check medicine labels for ASA or aspirin before giving any medicine to your child.
  • Check with your healthcare provider about what to give your child for fever or pain.

Planning for your child to be away from home

☐ Let your child’s school know about their bleeding disorder.
  • Your child’s school nurse can work with you to develop a treatment plan to use if your child gets hurt at school.
  • If school staff needs help, your child’s bleeding disorder nurse can visit or work with the school to get them any information they need to keep your child safe and plan for emergencies.

☐ Get ready before you travel with your child.
  • It is important to bring your child’s medicine with you when you travel. If you travel on an airplane, take the medicine in carry-on luggage.
  • Before traveling, it is important to call your child’s hemophilia treatment center to get a letter about why you need to have needles and medicines in your luggage. This letter should also include your child’s diagnosis, the dose and kind of factor they use and the contact information for your child’s provider.
  • Bring phone numbers for hemophilia treatment centers close to where you will be traveling in case of an emergency.
To Learn More

• Hemophilia Care Program
  Weekdays from 8 a.m. to 5 p.m.: 206-987-2106
  Evenings, nights and weekends: 206-292-6525
• Cancer and Blood Disorders Center 206-987-2106
• Ask your child’s healthcare provider
• www.seattlechildrens.org

Planning for dental care or other medical visits

☐ Work with your child’s care team when your child needs dental care.
  • Your child’s bleeding disorder care team can work with your child’s dentist to manage your child’s dental care and prevent problems. Be sure to let your child’s healthcare team know in advance when your child is going to the dentist.
  • Before your child’s appointment, give your child’s dentist the contact information for your child’s healthcare team.
  • Routine check-ups and cleanings are not usually a problem, but your child’s dentist needs to take extra care for other kinds of care, like fillings or if your child needs a tooth pulled.
  • If your child has a central line or Port-A-Cath, they will need to take antibiotics before any dental procedures.

☐ Work with your child’s care team if your child needs surgery.
  • Your child’s bleeding disorder care team will need to see your child before surgery. They will help manage bleeding issues and your child’s medicines for before and after surgery.

Free Interpreter Services

In the hospital, ask your child’s nurse.

• From outside the hospital, call the toll-free Family Interpreting Line 1-866-583-1527. Tell the interpreter the name or extension you need.