

THROMBOCYTOPENIA – DISCHARGE ADVICE FOR GPs

**Advice is for patients with long term, stable Immune Thrombocytopenia -
(Platelet count stable $> 30 \times 10^9/l$ for greater than 18 months)**

Monitor FBC annually, or at any point when patient has unexpected bruising/bleeding.

Reasons to re-refer:

- Platelet count $< 20 \times 10^9/l$
- Developing a significant cytopenia (for instance):
 - Hb dropping below 10 g/dl
 - Neutrophils below $1.5 \times 10^9/l$
 - Platelets $< 80 \times 10^9/l$
- Pregnancy

General Advice:

- Pre-op plan for elective should be available. Is the patient steroid/IVIG responsive ?
- No specific dietary advice required.
- Administer all usual vaccines (Flu Pneumovax etc.)
- Avoid aspirin and NSAID's
- Avoid intramuscular injections (unless platelets $> 50 \times 10^9/l$)
- Avoid contact sports.