

Guides & checklist for Hemophilia patients



Common Guidance

1. Wear a medical alert bracelet or necklace.
2. Place multiple ice packs in the freezer.
3. Make sure you always have enough cash or change always keep them in the same place.
4. Keep important telephone numbers in multiple locations.
5. Teach extended family and friends how to prepare and give the medication.
6. Prepare an infusion log.
7. Prepare a go-bag or small suitcase of factor and supplies packed at all times so it is easy to grab and go.
8. Program your emergency contact into your telephone under “ICE” (in case of emergency).
9. Always carry a first-aid kit, blankets, and other roadside emergency supplies.
10. Carry up-to-date personal information with you this includes medical information.

Checklist For People With Bleeding Disorders

Two pairs of sterile gloves
Sterile dressings to stop bleeding
Cleansing agents or soap and antibiotic towelettes
Antibiotic ointment to prevent infection
Burn ointment to prevent infection
Adhesive bandages in a variety of sizes
Thermometer
Prescription medications “insulin, heart medicine, and asthma inhalers; periodically update your medications to ensure that they don’t expire”
Prescribed medical supplies “as glucose and blood pressure monitoring equipment and supplies”
Petroleum jelly or other lubricant “to prevent dryness, chafing, or cracking of the skin during extreme weather conditions”
Nonprescription drugs “non-aspirin pain relievers, feminine supplies and personal hygiene items, antidiarrheal medications, antacid for upset stomachs, and laxatives”
Dust masks, work gloves, plastic garbage bags and ties, baby wipes
Cloth face masks “to help filter contaminants in the air”