

# Tranexamic acid

Information for  
parents and carers



## What is tranexamic acid?

Tranexamic acid is one of a group of medicines called antifibrinolytics. It is used to help reduce bleeding.

When your child bleeds, their body forms clots or plugs as part of the healing process. If your child has a bleeding disorder, the clots or plugs may not be strong enough to stay in place, and this can lead to continued or recurrent bleeding.

Tranexamic acid helps to stabilise the clot and keep it in place for longer, to allow healing to take place. This is particularly helpful for the moist surfaces of the body, such as the nose and mouth.

## What is it used for?

Tranexamic acid is used to stop or reduce bleeding in different circumstances and for many conditions. These include:

- bleeding from the mouth, including after dental procedures
- nosebleeds
- painful lumpy bruises
- prolonged bleeding from cuts
- after minor surgery
- heavy menstrual bleeding (periods).

## How is it given?

Tranexamic acid is usually given as a tablet. The tablets can be swallowed whole with a glass of water, or can be crushed and mixed with water or a spoonful of a thick liquid, such as yoghurt or a sandwich spread (e.g. jam, hazelnut spread).

A liquid version may also be prescribed. This liquid form is only available from the hospital pharmacy in Oxford, and is prescribed outside the normal licence for tranexamic acid. For more information about what this means, please ask for our leaflet on 'Unlicensed and off-label medicines'.

The liquid version will expire one month after the bottle is opened, or when the expiry date is reached if the bottle has never been opened (usually 2-3 months).

In hospital, your child may be given tranexamic acid intravenously (into a vein) before surgical procedures, or as a mouthwash solution, after a dental procedure or following a mouth bleed.

Tranexamic acid may be used on its own or together with other treatments to stop bleeding.

## How often is it given?

Tranexamic acid is generally given three times a day. It should be given as close to **every 8 hours** as you can. This way, the medicine works in the body throughout the day and night.

## What if I forget to give a dose?

Tranexamic acid should be given every 8 hours.

If you remember up to 2 hours after you should have given a dose, give your child the missed dose. For example, if you usually give a dose at about 7.00am, you can give the missed dose up until 9.00am. If you remember after that time, please call for advice.

## Who should not be given tranexamic acid?

Children should not take tranexamic acid if they:

- have had a blood clot in their leg or lung
- have kidney disease
- are passing blood in their urine
- are allergic to it or to any of the other ingredients (please see the patient information leaflet in the box of medication)
- suffer from convulsions (fits)
- are taking the medication FEIBA or high doses of Factor IX (9).

## Are there any side effects?

Tranexamic acid does not usually cause side effects. Rarely, some people experience:

- nausea (feeling sick), vomiting or diarrhoea
- feeling dizzy or faint, due to a drop in blood pressure (this may be eased by getting up slowly)
- allergic reactions, such as a rash
- eyesight problems, such as colour changes in vision
- very rarely, the forming of a clot in the legs or the lung. Symptoms of this may include cramping pain, redness or swelling in the legs, or breathlessness, chest pain, fainting or coughing up blood.

If your child experiences any of these side-effects, please seek medical advice immediately or contact the Haemophilia Centre using the contact details at the end of the leaflet.

## Is there anything else I need to know?

Make sure you tell any people treating your child (such as their dentist) that they have a bleeding disorder and which medicines they are taking (including tranexamic acid).

## How do I get a repeat prescription?

You can get a repeat prescription for tablets through your GP. If you have any problems with your child's repeat prescription, please contact the Haemophilia Centre.

Tranexamic acid liquid is only available through the Haemophilia Centre. Please contact us if you need a repeat prescription for this.

## How to contact us

### **Paediatric/Adolescent Haemophilia Centre**

Children's Hospital, John Radcliffe Hospital

#### **Secretary**

Tel: **01865 234 212**

#### **Nurses**

Tel: **01865 226 562**

Email: [paediatric.haemophiliaclinic@ouh.nhs.uk](mailto:paediatric.haemophiliaclinic@ouh.nhs.uk)

#### **Out of hours and emergencies:**

Please call the hospital switchboard and ask for the Haematology Specialist Registrar (SpR) On-call.

Tel: **0300 304 7777**

#### **Further information:**

[www.medicinesforchildren.org.uk/tranexamic-acid-treatment-or-prevention-bleeding](http://www.medicinesforchildren.org.uk/tranexamic-acid-treatment-or-prevention-bleeding)

[www.ouh.nhs.uk/patient-guide/leaflets/files/12048Punlicensed.pdf](http://www.ouh.nhs.uk/patient-guide/leaflets/files/12048Punlicensed.pdf)



If you need an interpreter or would like this information leaflet in another format, such as Easy Read, large print, Braille, audio, electronically or another language, please speak to the department where you are being seen. You will find their contact details on your appointment letter.

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