

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).

Menstrual Bleeding

For use with menstrual bleeding (periods) tranexamic acid should be commenced as soon as the period starts for 3-5 days.

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. It is usually only prescribed for children not yet weaned onto solids. 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 forget to give a dose you should give one as soon as you remember and then ensure that there is then an 8 hour gap before the next dose. Therefore adjusting your timings.

If you are unsure 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.

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

If you have any queries about your child's medication please telephone the hospital team your child's care is managed by. You can also contact your GP.

Paediatric Haemophilia Centre

Tel: **01865 226 562**

(9.00am to 5.00pm, Monday to Friday)

For emergency advice or treatment outside office hours, at weekends and on Bank holidays, telephone the Oxford University Hospitals' switchboard.

Tel: **0300 304 7777**

Ask to speak to the 'On-call Specialist Registrar for Haematology.

Further information:

www.medicinesforchildren.org.uk/medicines/tranexamic-acid-for-the-treatment-or-prevention-of-bleeding-in-haemophilia-and-other-clotting-problems/

Further information

If you would like an interpreter, please speak to the department where you are being seen.

Please also tell them if you would like this information in another format, such as:

- Easy Read
- large print
- braille
- audio
- electronic
- another language.

We have tried to make the information in this leaflet meet your needs. If it does not meet your individual needs or situation, please speak to your healthcare team. They are happy to help.

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March 2022
Review: March 2025
Oxford University Hospitals NHS Foundation Trust
www.ouh.nhs.uk/information



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