



# Palliative care

Guidance for families and carers of  
palliative patients who may be at risk  
of bleeding.

If you have any comments or feedback about this information,  
please contact:

Palliative Care Team  
Harrogate and District NHS Foundation Trust  
21 Wetherby Road  
Harrogate  
HG2 7RY  
Tel: 01423 553464

If you require this information in an alternative  
language or format (such as Braille, audiotape or large print),  
please ask the staff looking after you or your loved one.

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Scarborough adapted with kind permission from the Palliative  
Care Team, Leeds Teaching Hospital

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## Introduction

This leaflet is intended to be used in face to face discussion with your medical and nursing care team, who will explain the following information. It is important that you feel able to ask if you have any concerns or unanswered questions.

This leaflet is being given to you because the doctors and nurses think your relative may be at risk of bleeding. Living with the risk of bleeding, and caring for a family member or friend who may be at risk of bleeding can be frightening.

This information is intended to help you know what to do in the event of a bleed and who you can contact for support. If it happens there is a possibility that they might not survive the bleeding. If this is the case, our aim is to keep them comfortable.

## How to prepare

Consider having the following readily available:

- A supply of absorbent dressings (if these have been provided) and dark-coloured towels.
- Contact details for support - put these in your phone.
- A phone nearby.
- This leaflet.
- Oro mucosal solution midazolam (if you have it). Please read the instructions in the box and look at the syringes to familiarize yourself with the contents in case you need to use

**NB:** *The information leaflet will refer to this medication being used in seizures in children however we can reassure you it is appropriate for the use identified. The product's license for use does not include this specific use for bleeding, however there is recognised medical experience to use it in this way.*

## What to do if bleeding starts

- The main priority is for someone to stay with your relative.
- To call for help, advice and support (see phone numbers on the back of this leaflet).
- Try to stay as calm as possible and reassure your relative or friend.
- A small amount of blood can look very alarming. Use dark towels or dressings to slow down the bleeding by holding them firmly against a bleeding wound.
- If there is a large amount of blood and your relative appears to be distressed then oro mucosal midazolam solution can be given to make them less aware of what is happening.

## Information about oro mucosal midazolam solution

### What is midazolam?

Midazolam is a sedative medication which means it makes people sleepy. In this case it is given to make your relative more relaxed, less distressed and less aware of what is happening.

### How do I use the correct dose?

The usual adult dose is **10mg**. The dose is written on the side of the syringe.

### **How do I give the oro mucosal midazolam solution?**

- Place the tip of the syringe inside of the mouth between the cheek and the gum. Do not place the syringe or anything else between the person's teeth.
- Give half the dose over five seconds on one side of the mouth and the remaining half of the dose over five seconds on the opposite side of the mouth.

### **How quickly does oro mucosal midazolam solution work?**

- It usually takes 5-10 minutes to work.

### **Are there any side-effects?**

- Oro mucosal midazolam solution can make people sleepy or restless. It may slow down breathing, but very rarely.

**If you do not remember how to give this medication or do not feel that you can, please do not worry and continue to stay with the person. Your presence will be reassuring.**

**We recognise that this situation may be frightening and things may happen quickly.**

**If you need help or support, the following contacts may be useful:**

**Community Nursing Team** (*specify contact number*)

Tel:.....

**GP** (*add usual GP number*):

Tel:.....

**Out of Hours GP: 111**

**Community Palliative Care (if involved)**

Tel:.....

**REMEMBER...**

**If you cannot get through to anybody else and require urgent advice ring 999.**

**Further information can be found at:**

[www.hdft.nhs.uk/services/palliative-care/](http://www.hdft.nhs.uk/services/palliative-care/) or

[York and Scarborough Teaching Hospitals NHS Foundation Trust - Palliative Care \(yorkhospitals.nhs.uk\)](http://York and Scarborough Teaching Hospitals NHS Foundation Trust - Palliative Care (yorkhospitals.nhs.uk))