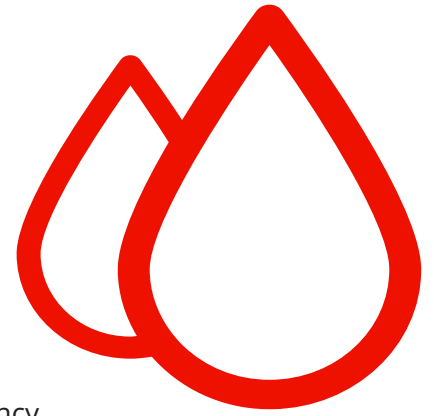


# IN THIS TOGETHER

## Your emergency room checklist



Living with a bleeding disorder might mean frequent visits to the emergency room (ER). While ER visits aren't fun, being prepared can ease your stress in the moment. Complete this list and bring it with you the next time you need to visit the ER.


### Prepare in advance:


1. Learn how to recognize the type of injury or bleed that may require you to visit the ER.
2. Identify the Hematology Treatment Center (HTC) and ER that are closest to you.
3. Get to know the healthcare team at your closest ER so they're aware of your condition before an emergency happens.
4. Pack an emergency bag.


### Bring with you:


- Wallet card or medical ID bracelet
- Insurance card
- Treatment and supplies for an emergency infusion
- Ice pack
- Contact information for:
  - Designated emergency contact
  - Parent/legal guardian (if you are a minor)
  - HTC and/or healthcare provider
  - School/work
- Letter from healthcare provider that includes:
  - Diagnosis and current treatment information
  - List of allergies and inhibitor status
  - List of all prescribed medications, including pain medication recommendations
- Cell phone charger
- Pen and paper or other place to write down information

### Contact Information

 DESIGNATED EMERGENCY CONTACT  
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\_\_\_\_\_  
\_\_\_\_\_

 PARENT/LEGAL GUARDIAN (IF YOU ARE A MINOR)  
\_\_\_\_\_  
\_\_\_\_\_  
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 HTC AND/OR HEALTHCARE PROVIDER  
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 SCHOOL/WORK  
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