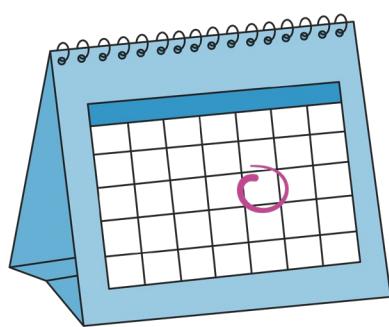
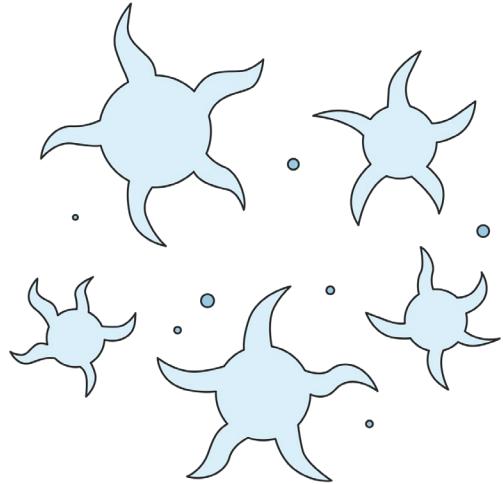


Platelet Function Studies

What are platelet function studies?

- Platelets are an important part of the body's defense against bleeding. Some people have abnormal (unusual) bleeding because their platelets don't work well.
- Platelet function studies are blood tests that help us learn more about how your platelets react under different conditions and possibly identify if your platelets are not working normally.
- There can be inherited/genetic reasons why platelets don't work well. But there are also other causes, such as medications or other diseases that can affect platelets and how they function.
- Platelet function tests may also be called platelet aggregation testing, platelet light-transmission aggregometry or lumi-aggregometry.



How do I schedule platelet function studies?

- First, your hematology team will request available dates for testing from the Special Coagulation laboratory team.
- Next, you'll get a call from a member of the hematology team. They'll ask you to pick which date works best for you. Once the date for the test has been decided, the hematology team will help you book an outpatient blood draw (phlebotomy) visit at Boston Children's Hospital.
- Blood draw visits must take place at the Boston Children's Main Campus (300 Longwood) in the Fegan building, 1st floor Outpatient Phlebotomy Lab.
- Blood draw appointment times need to be scheduled at or before 9:15am to ensure the blood sample arrives to the lab on time.
- For platelet function tests, the blood sample must be processed right after being drawn. If you go to a satellite lab or arrive after 10am for the blood draw, the testing can't be done.



Patient & Family Education Sheet – Platelet Function Studies

What should I do to prepare for a platelet function study?

- Drink plenty of fluids. Please arrive for the blood draw well hydrated.
- Eating prior to the blood draw is fine but avoid high-fat foods the morning of the draw.

Medications and over-the-counter supplements to avoid (not take) for at least 5 days before testing:

- Nonsteroidal anti-inflammatory drugs (NSAIDS): ibuprofen (brand name ex. Motrin, Advil), naproxen (brand name ex. Aleve, Naprosyn), Aspirin, Excedrin, indomethacin, Pepto-bismol (Bismuth Subsalicylate)
- Supplements with garlic, onion, ginger, fish oil, vitamins C and E and caffeine. *Meals may still be eaten if they contain these foods.*



Some medications can interfere with platelet function testing, but it may not be safe to stop taking them before the test. Please go over all of your medications with your hematologist. Don't stop taking any medications without talking with your hematologist first.

- Heart medications: β – blockers (propranolol), vasodilators (nitroprusside, nitroglycerin), diuretics (furosemide), calcium channel blockers
- Antimicrobials: β – lactams (penicillin, cephalosporins), amphotericin (antifungal), hydroxychloroquine (antimalarial), nitrofurantoin
- Selective Serotonin Reuptake inhibitors (SSRIs), tricyclic antidepressants and phenothiazines

Helpful Websites & Educational Resources

Boston Bleeding Disorders Center www.childrenshospital.org/programs/boston-bleeding-disorders-center

National Bleeding Disorders Foundation www.hemophilia.org

New England Hemophilia Association www.newenglandhemophilia.org

World Foundation of Hemophilia www.wfh.org

HemAware www.hemaware.org

LA Kelley Communications www.kelleycom.com



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