



جامعة الإمام عبد الرحمن بن فهيد
IMAM ABDULRAHMAN BIN FAISAL UNIVERSITY

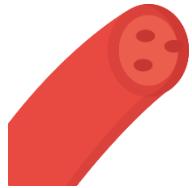
مستشفى الملك فهد الجامعي
King Fahad Hospital The University

Internal bleeding



What is internal bleeding?

It is a leakage of blood from the blood vessels of the surrounding tissues because of an injury affect the vessels and lead to rupture. Internal bleeding occurs inside the body cavities such as the head, chest, abdomen, or eye, and it is difficult to detect, because the leaked blood cannot be seen, and the person may not feel its occurrence till the symptoms associated with that bleeding start to appear.



Note:

It should be noted that people who take anticoagulant drugs are more likely to have this bleeding than others.



What are symptoms of abdominal internal bleeding?

There are many symptoms developed by the patients of internal bleeding in the abdomen or chest as below:

- Feeling of pain in the abdomen.
- Shortness of breath.
- Feeling of chest pain.
- Dizziness upon standing.
- Bruises around the navel or on both sides of the abdomen.
- Nausea, Vomiting.
- Blood in urine.
- Dark color stool.



What are the symptoms of abdominal internal bleeding?

Sometimes, internal bleeding may lead to loss of large amounts of blood, and in this case, the patient will have many symptoms, as below:

- Accelerated heart beats



- Low blood pressure



- Skin sweating



- General weakness



- Feeling lethargic or feeling sleepy

When should I go to seek medical care?

Internal bleeding is very dangerous and life threatening and you should visit the doctor when experience one of the following cases::

- ✓ After exposure to a severe injury, to ensure that there is no internal bleeding.
- ✓ Feeling severe pain in the abdomen
- ✓ Feeling acute shortness of breath
- ✓ feeling dizzy
- ✓ Seeing a change in vision



Note:

When these symptoms are noticed, you should go immediately to medical care or you must call the emergency services to avoid death.

What are the causes of internal bleeding?

Sometimes it is easy to tell the causes of internal bleeding, especially when you have:

- ❖ Exposure to an accident or a fall from a height or a heavy object falling on a person may lead to damage to the internal blood vessels and internal bleeding.

- ❖ Bone fractures: Bone fractures do not usually cause any bleeding, but large bones such as the thigh or pelvis are exposed to fractures, which is one of the causes of internal bleeding.



What are Complications of internal bleeding?

Many serious complications may occur upon exposure to internal bleeding. These complications depend on the location of the internal bleeding, and their occurrence depends on the causes of internal bleeding, and there are many complications may occur, such as:

- ❖ Organ failure
- ❖ Seizures
- ❖ Coma
- ❖ It should be noted that Internal

bleeding is one of the most common causes of death.



Note:

Detecting and treating this bleeding early helps to avoid these complications.

How internal bleeding can be treated?

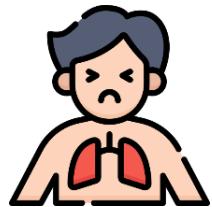
Knowing the causes of internal bleeding helps to know the location of the bleeding and thus treat and stop it, and in some cases the bleeding may be simple and stop on its own without any therapeutic intervention. The doctor may treat internal bleeding by performing surgeries stop the bleeding.



First aid steps for internal bleeding:

The main goal of first aid is to try to determine the causes of internal bleeding and prevent serious and life-threatening complications and this is done in several steps, and these steps will be clarified, as below:

- 1. Testing of the airway:** People who experience internal bleeding cannot breathe, especially people who suffer from mental problems, so the airway must be tested and see if it is open or not.



- 2. Helping them to breathe:** Sometimes the airway may be open, but the patient cannot breathe, and in this case, they must be helped to breathe, to improve the move of oxygen from the lungs to the rest of the body.



First aid steps for internal bleeding:

3. Promote blood circulation: The blood circulation can be enhanced by giving the patient intravenous fluids, some patients may need blood transfusion, and it should be noted that promoting blood circulation helps improve oxygen and food access to various organs of the body.



Note:

It should be noted that the main treatment for bleeding is to know its cause, location and stop it, and treat and repair any damage caused by bleeding, and this is to prevent any complications or subsequent recurrence of the bleeding.

Sources and references

All pictures used are from Flaticon.com

Review and audit:

The content of this booklet has been reviewed by consultants of the
Surgery department at King Fahad University Hospital

Health Awareness Unit

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