



You've Got TTP... Now What?

A patient's guide
just for you

So, you've just been told you have something called **TTP**. That's a lot to take in. You might be feeling scared, confused, or just trying to wrap your head around what this diagnosis means for you.

First of all: you are not alone. This guide is here to help you make sense of what's happening — in plain, simple language.

What is TTP, anyway?

TTP stands for Thrombotic Thrombocytopenic Purpura — yes, it's a mouthful, so let's break it down:

- **Your body is making too many tiny blood clots.**
These clots can block blood flow to important places like your brain or your kidneys.
- At the same time, **your platelet count has dropped too low.**
Platelets are the blood cells that help you stop bleeding.

This is why you may feel **tired**, **bruise easily**, or have weird symptoms like **confusion** or **headaches**.



TTP is serious — but it is very treatable.

Most people get better with the right care, especially when it's caught early.

How will we treat your TTP?

Don't be surprised if treatment starts before you even finish reading this guide — TTP moves fast, and so do your doctors.

Here's what might happen:

- **Plasma exchange** (also called “TPE”): This filters your blood and swaps out the “bad stuff” in your plasma (the liquid part of your blood) with healthy plasma.
- **Steroids:** These help to calm your immune system down.
- **Newer meds:** You might hear names like “rituximab” or “caplacizumab” — think of the latter as a clot-stopper.
- **Lots of blood tests:** Sorry, but they're important.

This all sounds like a lot — and it is. But your team knows what they're doing. **Feel free to ask them to explain each step — they'll be glad you did.**





TTP is a rollercoaster, and it's okay to feel all the things.



Bring your family or friends into this if you can. Let them help you. Let them hold your hand. You're not a burden.

You're a warrior going through something tough.

You are allowed to ask, feel, and lean on others

Emotionally, you might swing between scared, angry, hopeful, and exhausted — sometimes all in the same day. That is completely normal.

TTP isn't something you have to go through silently. It is 100% okay to ask questions. Ask them again and again if you need to. It's your body.

- **Talk to your family or friends.** Tell them how you feel. Let them help. Bring someone to your appointments if you want.
- **Speak up if something feels off,** or even if you're just not okay. Your care team wants to know.

You are not being dramatic.

You are being human.

It is important to remember this and be kind with yourself.

What will your hospital stay be like?

You'll be in good hands. But here's the honest truth: it might feel overwhelming at times.

You might have:

- A special IV line placed in your neck or chest
- Nurses checking on you constantly
- Blood drawn (a lot!)
- Moments when you feel tired, fuzzy, or just "off"

When you go home

Leaving the hospital doesn't mean you're totally done with your treatment — but you are on the road to recovery.

- You will need check-ups and lab tests to make sure TTP doesn't come back.
- If you feel super tired, get bruises, or feel “off” again — call your doctor.
- It is also normal to feel anxious or shaken. Recovery takes time, in body and in mind. **Be gentle with yourself.**



One last thing

You didn't choose TTP. But you can choose to ask for help, to stay informed, to speak up, and to keep going. You're stronger than you feel right now.

And, there are people who care — a whole team, actually. Let them walk this with you.

You've got this!