

# Henoch-Schönlein Purpura

Information leaflet destined for parents





## What is Henoch-Schönlein Purpura?

It is a condition caused by the inflammation of the small blood vessels. The exact cause of Henoch-Schönlein purpura is unknown. It mainly affects children aged 3 to 10 years. The symptoms are varied. Skin lesions may appear in the form of red spots (purpura), mostly on the legs and feet, along with pain and swelling in the joints, stomach pain, vomiting, and sometimes blood in the urine. In boys, the testicles may swell and become painful. Symptoms usually last from 3 to 4 weeks, sometimes up to 6 weeks. The main complications involve the kidneys and digestive system, which makes follow-up care important.

## How is it treated?

There is no medication to cure Henoch-Schönlein purpura. It is a condition where the symptoms resolve on their own. However, some medications can help relieve the symptoms. For joint or stomach pain, acetaminophen (Tylenol®, Tempra® or store brand) can be used. For joint pain not relieved by acetaminophen, ibuprofen (Advil®, Motrin® or store brand) may be tried, unless otherwise advised by the doctor. Ibuprofen is contraindicated however if your child has kidney involvement (abnormal urine strip results) or stomach pain. A pharmacist can help calculate the correct dosage of acetaminophen or ibuprofen. Sometimes, for specific complications, other medications may be prescribed for your child.

It is recommended to avoid sports during the flare-up as this can increase joint pain.

## What follow-up is required?

Upon leaving the hospital, the doctor will have given you a prescription for urine test strips to measure protein and blood in the urine, which you can get at the pharmacy. These are strips to dip into your child's urine to check for blood or protein and helps screen for kidney complications.

You need to use the urine test strip:

- 1 time per week during the first month;
- 1 time every two weeks during the 2nd and 3rd months
- Once a month for the next 9 months, if all goes well

## Important points when using the test strips

You can use the urine test strips until the **expiration date** indicated on the box and bottle by the manufacturer. When you purchase them, make sure the expiration date is at least 9 months away.

It is important to **keep them protected from light and moisture**. Always make sure to tightly close the bottle cap after each use and store the unused strips in their original container.

## How to collect the urine

- For a child in diapers:
  - › Girl: Place a cotton pad at the level of the vulva (between the labia).  
Boy: Place a cotton pad inside the finger of a nitrile glove (hospital-grade) and then place it at the tip of the penis.
- For a toilet-trained child:
  - › Have the child urinate into a clean container or directly onto the test strip.

## How to read the test strip

1. Take a test strip and immediately close the container.
2. Dip the strip into the urine or place the urine on the strip (especially on the protein square).
3. Remove any excess urine from the strip by tapping it on an absorbent paper.
4. Place the strip flat on the absorbent paper, with the color squares facing up.
5. Wait for 60 seconds.
6. Compare the color of the protein (proteinuria) and blood (hematuria) squares with the chart on the bottle.
7. Record the result on the sheet:
  - › Proteinuria (protein) test strip results:
    - Either: **g/L: negative, trace, 0.3, 1.0, 3.0, > 20 OR negative, trace, +, ++, +++, +++++**
  - › Hematuria (blood) test strip results:
    - Either: **negative, trace, moderate OR trace/hemolyzed, +, ++, +++, +++++**

**Please do not note the color of the square but use the numbers in g/L or the + signs.**

The presence of protein in the urine is defined as a test strip result of at least 1+. If your child has this result (protein at 1+ or higher), you need to repeat the urine test strip daily for a week.

<b>PROTEIN</b> <b>60 seconds</b>	NEG	Trace	30 mg/dL 1+	100 mg/dL 2+	300 mg/dL 3+	≥2000 mg/dL 4+
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You must schedule an appointment in nephrology using the referral the emergency doctor gave you upon your departure or through your primary doctor if:

- There are 1+ protein and blood present OR 2+ protein or more for 3 consecutive days;
- You observe blood in your child's urine for 3 consecutive days (visible blood in the urine even without the test strip);
- The urine test strip shows a result indicating the presence of blood 30 days after the symptoms have ended.

**Here are the steps to follow** to make an appointment in nephrology:

- Complete the online form at the following address:
  - › <https://mon.chusj.org/patient/demande-de-rendez-vous>, or contact the appointment center (514-345-2141) to forward your nephrology referral from the emergency doctor during your visit to the emergency department or through your doctor.
- You should also contact the nephrology nurses who will assist with the follow-up until the appointment with the nephrologist: 514-345-4931, ext. 5519.

**If your child has been referred to Dr. Piram's dermatology clinic** for a follow-up of their Henoch-Schönlein purpura:

You can contact the dermatology nurse at 514-345-4931, ext. 5406 for any other questions.

## When to consult again?

You should seek emergency care if your child experiences:

- Severe abdominal pain;
- Joint pain not relieved by medication and rest;
- Testicular pain;
- Headache, loss of balance, or seizures;
- A change in their general condition (e.g., refusal to hydrate, eat, vomiting, refusal to play).

## Notes

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