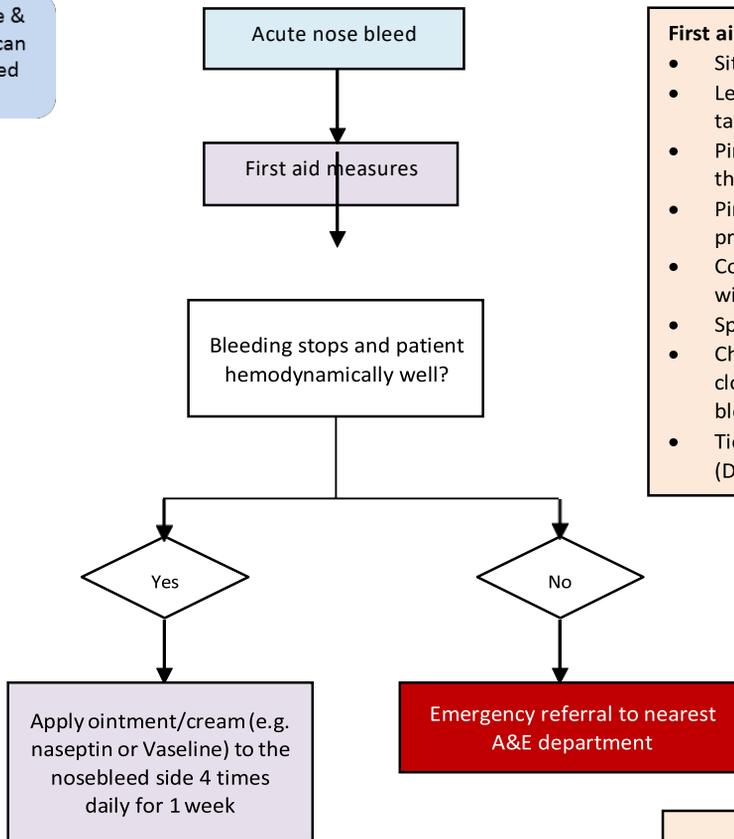


Acute Nose Bleed

ENT Advice & Guidance can be accessed via e-RS



First aid measures for acute nose bleeds

- Sit patient down
- Lean patient forward (ideally over sink or table)
- Pinch the lower part of the nose between thumb and forefinger
- Pinch nose for 5 minutes. DO NOT release the pressure <5 minutes. If persists repeat x2.
- Consider inserting nasal tampon if familiar with its use
- Spit out any blood
- Check if the patient is taking aspirin, clopidogrel, prasugrel or warfarin. If so, bleeding is less likely to stop.
- Ticagrelor and Direct Oral Anticoagulants (DOACs).

Treatment options for persistent nose bleeds

Nasal cauterly if bleeding site can be identified
Nasal packing e.g. nasal tampons
Admit to hospital

Nose bleeds can be serious and life threatening.
Patients who have had serious, prolonged recurrent nose bleeds should be given the information leaflet about prevention of nose bleeds

