

Epistaxis (Nose Bleeds)

Emergency Department

Introduction

This leaflet will help you learn about the causes of nose bleeds, first aid for a nose bleed, and any investigations or treatments that may be required.

What causes a nosebleed?

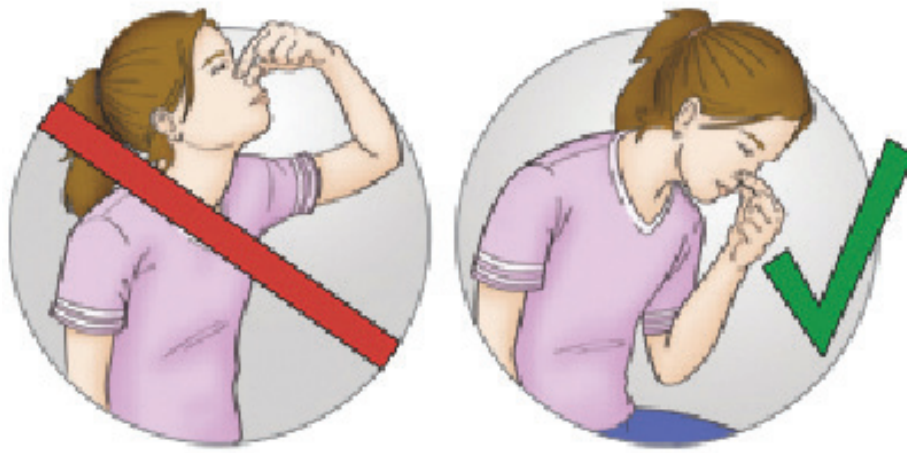
It is not always possible to give a reason for a nosebleed. Most nosebleeds are caused when a fragile blood vessel touching the inside surface of a nostril is ruptured. Some causes include:

- Nose picking
- Rubbing the nose
- Blowing the nose
- Colds
- Hay fever
- Minor injuries to the nose
- Minor infections of the skin
- Blood clotting problems.

The prevention of infection is a major priority in all healthcare and everyone has a part to play.

- Please decontaminate your hands frequently for 20 seconds using soap and water or alcohol gel if available
- If you have symptoms of diarrhoea and/or vomiting, cough or other respiratory symptoms, a temperature or any loss of taste or smell please do not visit the hospital or any other care facility and seek advice from 111
- Keep the environment clean and tidy
- Let's work together to keep infections out of our hospitals and care homes.

What should I do if my nose or my child's nose bleeds?



What do I do if my nose bleeds?

Advise the person to:

- Sit up and tilt forward with mouth open
- Avoid lying down unless feeling faint
- If possible apply an ice pack to forehead or bridge of nose, which can help assist in stopping the bleeding
- Pinch the soft part of the nose firmly and hold for 10-15 minutes without releasing pressure, breathing through the mouth.

If the bleeding does not stop within 30 minutes you should seek medical advice (NHS 111) or consider attending the A&E.

What investigations might I need?

If you are having frequent heavy nose bleeds you may need blood tests. If you are also bruising easily, please tell your GP (General Practitioner). If you are taking "blood thinning" medicine, you may also need more tests to be completed by your GP.

What treatment is available?

- Antibiotic cream applied twice a day for 10 days may help reduce the risk of nose bleeds
- Sometimes clinicians will cauterise the blood vessels to help stop nose bleeds occurring
- If the bleeding does not stop by holding the nose doctors may need to insert a special nasal pack in your nose to stop the bleeding.

Further Information

For non-emergency health care advice, see your GP or ring 111

For emergencies, ring 999

To find your local health care services, including out of hours pharmacies and urgent care centres, visit www.nhs.uk

Local health care services in Wolverhampton include: The Phoenix Health Centre (Urgent Care Centre), Parkfield Road, Parkfields, Wolverhampton, West Midlands WV4 6ED

English

If you need information in another way like easy read or a different language please let us know.

If you need an interpreter or assistance please let us know.

Lithuanian

Jeigu norėtumėte, kad informacija jums būtų pateikta kitu būdu, pavyzdžiui, supaprastinta forma ar kita kalba, prašome mums apie tai pranešti.

Jeigu jums reikia vertėjo ar kitos pagalbos, prašome mums apie tai pranešti.

Polish

Jeżeli chcieliby Państwo otrzymać te informacje w innej postaci, na przykład w wersji łatwej do czytania lub w innym języku, prosimy powiedzieć nam o tym.

Prosimy poinformować nas również, jeżeli potrzebowaliby Państwo usługi tłumaczenia ustnego lub innej pomocy.

Punjabi

ਜੇ ਤੁਹਾਨੂੰ ਇਹ ਜਾਣਕਾਰੀ ਕਿਸੇ ਹੋਰ ਰੂਪ ਵਿਚ, ਜਿਵੇਂ ਪੜ੍ਹਨ ਵਿਚ ਆਸਾਨ ਰੂਪ ਜਾਂ ਕਿਸੇ ਦੂਜੀ ਭਾਸ਼ਾ ਵਿਚ, ਚਾਹੀਦੀ ਹੈ ਤਾਂ ਕਿਰਪਾ ਕਰਕੇ ਸਾਨੂੰ ਦੱਸੋ।

ਜੇ ਤੁਹਾਨੂੰ ਦੁਭਾਸ਼ੀਏ ਦੀ ਜਾਂ ਸਹਾਇਤਾ ਦੀ ਲੋੜ ਹੈ ਤਾਂ ਕਿਰਪਾ ਕਰਕੇ ਸਾਨੂੰ ਦੱਸੋ।

Romanian

Dacă aveți nevoie de informații în alt format, ca de exemplu caractere ușor de citit sau altă limbă, vă rugăm să ne informați.

Dacă aveți nevoie de un interpret sau de asistență, vă rugăm să ne informați.

Traditional Chinese

如果您需要以其他方式了解信息，如易读或其他语种，请告诉我们。

如果您需要口译人员或帮助，请告诉我们。