

Emergency Department

Nosebleed (Epistaxis)

What causes nosebleeds?

The possible reasons (often this is not known) for your nosebleed will have been discussed with you and any specific steps to deal with these causes will be explained.

What should I do now?

- Rest over the next day or two or as instructed;
- If possible, when lying down or sleeping, try to raise your head with pillows or by raising the head of the bed.

Avoid the following:

- Exertion, straining, Lifting heavy weights, Exercise
- Smoking, Sauna, Strong/chemical odours, blowing your nose
- Alcoholic drinks, Hot food and drink
- Repeated nose dabbing

What should I do if the nose bleeds again?

It is possible that the bleeding might begin again, in which case:

- Apply pressure to the nose by pinching its soft part between thumb and forefinger. Keep your mouth open, lean your head forward and let the blood trickle into a bowl until bleeding stops. It is best to do this while seated on a couch or bed or where you could lie down should you feel faint
- If the bleeding continues or you are otherwise concerned, contact NHS 111. If heavy, persistent bleeding occurs, return to the Emergency Department.



Patient Information

For further advice/information

- Call NHS 111 (24 hours a day)
- Contact your GP

Finally, before you leave, please speak to a member of staff if:

- You need more advice or treatment for any pain or symptoms;
- You need further clarification about medications or instructions you have received;
- Or you have any further urgent queries regarding your nosebleed.

The Trust has access to interpreting and translation services. If you need this information in another language or format please contact 02476966200 and we will do our best to meet your needs.

The Trust operates a smoke free policy

To give feedback on this leaflet please email feedback@uhcw.nhs.uk

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