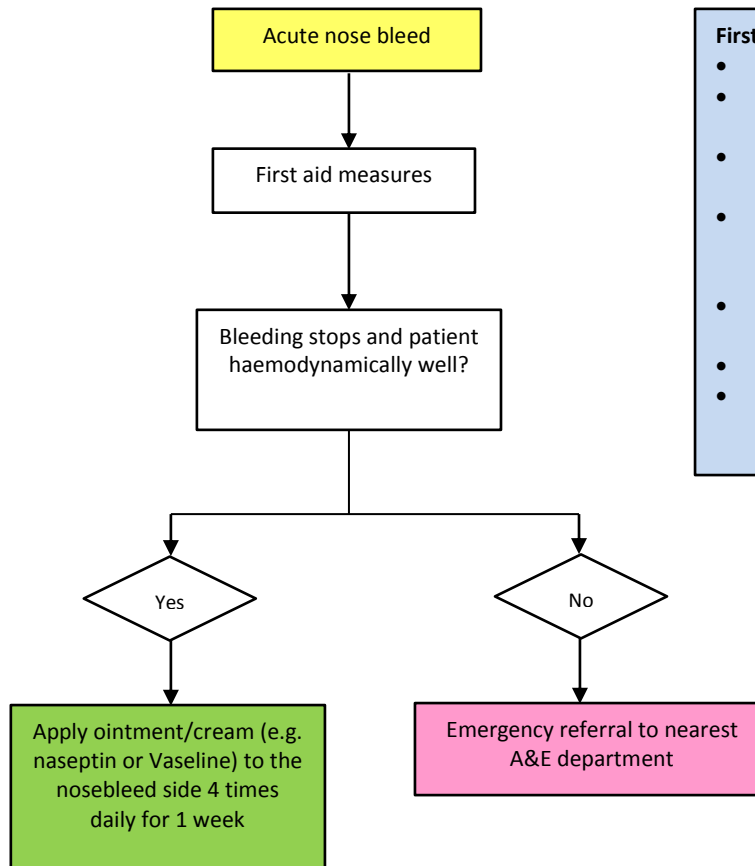


# Acute Nose Bleed



## 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 easily

## Treatment options for persistent nose bleeds

Nasal cauterity 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