

Patient advice and liaison service (PALS)

If you have a compliment, complaint or concern please contact our PALS team on 020 7288 5551 or whh-tr.whitthealthPALS@nhs.net

If you need a large print, audio or translated copy of this leaflet please contact us on 020 7288 3182. We will try our best to meet your needs.

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Nose Bleed (Epistaxis)

A patient's guide



Nose Bleed (Epistaxis)

If your nose begins to bleed you should

- ✓ Sit up straight and lean forward
- ✓ Apply firm pressure to the nose. This is done by pinching your nose very hard just below the bridge
- ✓ Keep the pressure on for at least 30mins
- ✓ Apply ice packs on the back and sides of the neck, this may help to slow the bleeding down

You should not

- ✓ Swallow any of the blood or clots, as this will make you sick; as you retch and vomit your nose will bleed even more.

Go to your nearest emergency department if the bleeding continues.

We may need to insert a packing device into your nose to stop the bleeding.

Nasal Packing

You may feel pressure and discomfort after the placement of the RAPID RHINO pack. It is recommended that you do not pull on or attempt to adjust the RAPID RHINO pack while it is placed. In order to ensure optimal results, blowing your nose is not recommended.

Care of your Pack

- ✓ The pack may need to stay in for up to 24hours
- ✓ Do not try and pull it out yourself, even if you begin to bleed around the pack
- ✓ Avoid hot drinks for 24 hours
- ✓ Try to avoid and sudden, violent head movements
- ✓ You should not attempt to drive. If you have no other way of getting to hospital, you should call 999 for an ambulance

If you experience any of the issues below seek medical care immediately:

- ✓ Your nose continues to bleed after being discharged from the site of care
- ✓ You experience coughing up blood from the back of your throat
- ✓ The RAPID RHINO pack becomes loose and migrates in or out of your nose.
- ✓ You feel weak or dizzy
- ✓ You have trouble breathing
- ✓ You experience trouble standing up
- ✓ Your pain level increases
- ✓ You develop a fever
- ✓ You begin vomiting
- ✓ You have concerns about your condition or questions about your treatment