



# Nosebleed (Epistaxis)

Most nosebleeds are relatively minor and can start from an injury, blocked nose or blowing too hard, however, conditions such as high blood pressure, heart failure or medications which thin the blood can cause the bleeding to last longer.

## Advice for Patients at Home

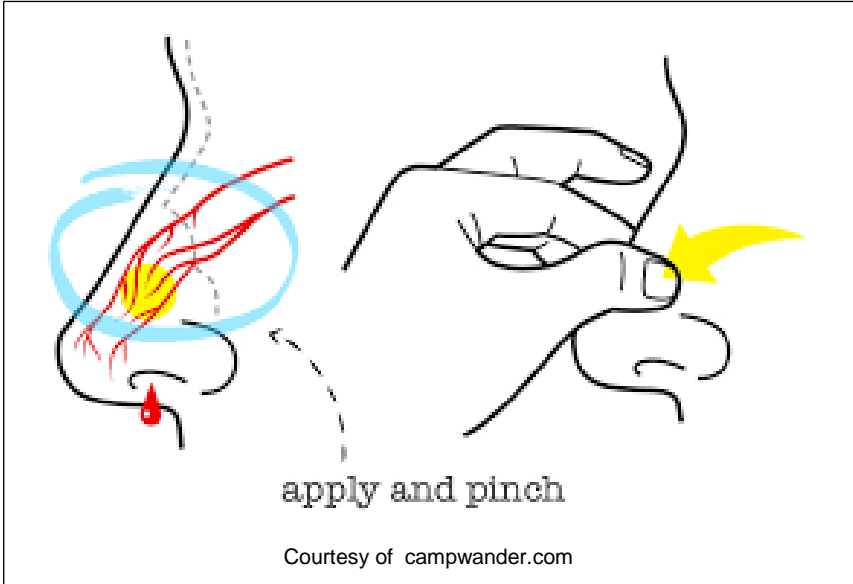
**Do not** blow or pick your nose.

### If bleeding starts again:

- If you are not feeling faint, sit up and lean slightly forward;
- With a finger and thumb, pinch the fleshy part of the nostrils, completely blocking the nostrils. Continue this for 10 – 20 minutes (see diagram opposite);
- A cold compress over the nose and front of the face helps to make the blood vessels narrow and will help stop the bleeding;
- If you feel faint, lie down on your side;
- If the bleeding **does not** stop after these measures, or, if the bleeding is very heavy and you feel faint, then **get help**. You may need to attend the Emergency Department for further treatment.



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## Further Advice / Instructions

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**Please retain this leaflet for future reference.**



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**For further advice or information you can telephone your local Minor Injury Unit (MIU):**

## **Chippenham Community Hospital**

Rowden Hill

Chippenham

SN15 2AJ

Tel: 01249 456 403/4

Open: 07:00 to 23:00; seven days a week

## **Trowbridge Community Hospital**

Adcroft Street

Trowbridge

BA14 8PH

Tel: 01225 711 329

Open: 07:00 to 23:00, seven days a week

Smoking will not be permitted on any NHS site in England. Smoking will not be permitted within any of our buildings or anywhere outside on our sites. Smoking facilities will not be provided. Please be considerate of others when vaping in hospital grounds

**This information sheet is available to order in other languages and formats. If you would like a copy, please contact us on 01793 604031 or email [gwh.pals@nhs.net](mailto:gwh.pals@nhs.net)**

### **Document Control**

Division: Unscheduled Care

Department: Emergency Department

Approved Date: June 2019

Next Review Date: July 2022

Document Number: USC - PIL0069