

# **PATIENT INFORMATION**

## **Nose Bleed/Epistaxis**

**Accident & Emergency Department**

## **Nose bleed/ Epistaxis**

Nose bleeds are common and often resolved with simple measures.

The inside of your nose is full of tiny, delicate blood vessels that bleed relatively easily.

This can be caused by:

- Blowing your nose hard or picking
- A minor injury to the nose
- A blocked stuffy nose
- Sinusitis
- Hay fever or allergies
- Existing medical conditions

## **Stopping the bleeding**

- Lean forward
- Pinch the soft part of the nose firmly for 10-15 minutes, without releasing the pressure, breathing through your mouth
- A cold compress on the top of the nose or sucking ice MAY help you

## **After the bleeding has stopped**

Please avoid the following if you can for 24 hours;

- Blowing or picking the nose
- Heavy lifting
- Strenuous exercise

- Lying flat
- Drinking hot drinks or alcohol

## **Going Home**

You may be given Naseptin -an antiseptic cream to put in your nose.

If you are allergic to peanuts or soya you should not use this cream-please tell your nurse or doctor.

You may be referred to E.N.T. – Ear Nose and Throat.

If your nose starts to bleed again - try stopping the bleeding.

If the bleeding continues after 15 minutes, seek medical advice. Noses that continue to bleed may need to be packed and transferred to Aintree Hospital. Packing is the placement of gauze into the nose.

Please seek further medical advice as needed.

**If you have any concerns, please contact:**

**Emergency Department Nurses Station - 01704704437  
NHS111**

**Please call 01704 704714 if you need  
this leaflet in an alternative format**

**Southport and Ormskirk Hospital NHS Trust**

Ormskirk & District General Hospital  
Wigan Road, Ormskirk, L39 2AZ  
Tel: (01695) 577111

Southport & Formby District General Hospital  
Town Lane, Kew, Southport, PR8 6PN  
Tel: (01704) 547471

**FOR APPOINTMENTS**

Telephone (01695) 656680  
Email [soh-tr.appointments@nhs.net](mailto:soh-tr.appointments@nhs.net)

Please remember to complete the **attached** *Friends and Family Test*.

Alternatively, you can complete the *Friends and Family Test* on-line by going to:  
[southportandormskirk.nhs.uk/FFT](http://southportandormskirk.nhs.uk/FFT)  
**Thank you**

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