



## Epistaxis (nosebleed)

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You or your child has come to the Emergency Department with a nosebleed. This leaflet explains the causes and gives advice on how to cope with nosebleeds at home.

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Nosebleeds are usually mild and easily treated. However, sometimes, bleeding can be more severe, especially in those with some blood disorders or taking blood thinning medications. If the bleeding is severe or if it does not stop within 20-30 minutes, get medical help quickly.

### What causes nosebleeds?

Nosebleeds usually start from the nasal septum (the partition between the nostrils) where the blood vessels are quite fragile (anterior bleeds). Often there is no apparent trigger for a nosebleed but some common causes for a nosebleed are:

- Colds/ sneezing and blocked nose such as with hayfever.
- Dry nasal mucosa (i.e. in air conditioned rooms with dry air).
- Picking the nose.
- Blowing the nose.
- Injuries to the nose.
- High blood pressure.
- Physical or emotional stress.
- Cocaine use.
- Nasal polyps (benign growths on the inside of the nasal lining).
- Foreign bodies (usually in children).
- Sometimes, the bleeding may be coming from further back in the nose (posterior bleed). In those cases bleeding is usually heavy and difficult to control by pinching the nose only.

## What is the treatment for nosebleeds?

For simple nosebleeds first aid can usually stop the bleeding.

- If you are not feeling faint, sit up and lean slightly forward.
- Pinch your nose tightly with a finger and thumb over the fleshy bits of the nostrils and do not let go for at least 20-30 minutes. The direct pressure stops the bleeding and allows the blood to clot at the site of the broken blood vessels.
- Suck ice cubes towards the back of your mouth if possible.
- Once the nosebleed has stopped, do not blow, rub or pick your nose in order to remove the clots. This may re-start the nosebleed. The clots will dry up and drop out on their own.
- Avoid blowing nose and taking hot drinks and alcohol for 24 hours as these may cause bleeding to restart.

## Recurrent nosebleeds

In cases of recurrent nosebleeds where no obvious cause can be identified, the patient is stable and the nosebleed has stopped, an outpatient appointment for the ENT Clinic may be offered for further investigations and specialist advice.

## Further information

Clinical Knowledge Summaries

<http://cks.nice.org.uk/epistaxis>

## Tell us your views

If you wish to discuss any aspect of your treatment and care, please speak to a senior member of staff or to the nurse looking after you. The matrons are also available during normal working hours and they welcome your views.

## Friends and Family Test

Whatever your experience you can give feedback by answering the Friends & Family test question – How likely are you to recommend our A&E Department to family and friends if they needed similar care or treatment?

This can be completed online at <http://surveys.this.nhs.uk> using tag name **chftae** or by completing the form available within the department.

## **If you have any comments about this leaflet or the service you have received you can contact :**

Manager

Emergency Department

Huddersfield Royal Infirmary

Telephone No: 01484 342396

[www.cht.nhs.uk](http://www.cht.nhs.uk)

or

Calderdale Royal Hospital

Telephone No: Halifax: 01422 222325

[www.cht.nhs.uk](http://www.cht.nhs.uk)

**If you would like this information in another format or language contact the above.**

Potřebujete-li tyto informace v jiném formátu nebo jazyce, obraťte se prosím na výše uvedené oddělení

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Jeżeli są Państwo zainteresowani otrzymaniem tych informacji w innym formacie lub wersji językowej, prosimy skontaktować się z nami, korzystając z ww. danych kontaktowych

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