

NOSE BLEEDS (Epistaxis)

PATIENT INFORMATION LEAFLET

Please take the time to read this leaflet and keep it in a safe place



NOSE BLEEDS (Epistaxis)

Occasionally nose bleeds are severe enough to need admission to hospital but in your case the paramedic feels it is safe for you to remain at home.

It is common for the nose to bleed again in the next day or two and should this happen we suggest the following:

- For most nose bleeds simple first aid measures usually stops the bleeding
- Blow your nose gently just once to clear the nose of fresh blood
- Lean forwards so that the blood drips from your nose rather than down the back of your throat. Lean over a sink or bowl to catch the splashes
- Firm pressure will stop the bleeding. Place a handkerchief or something similar over the soft part of your nose and squeeze firmly. Hold continually for at least fifteen minutes before letting go (time this by a clock or watch)
- Do not squeeze the hard part of the nose
- Repeat this process if the bleeding does not stop

It may take up to an hour to stop the bleeding.

If the bleeding continues for more than 30 minutes (2 x 15 minutes of constant pressure on the soft part of nose), you will need to go to Accident and Emergency or your local Minor Injuries Unit.

If you are not sure, especially if you feel unwell contact NHS 24.

NASAL PACKS

If the paramedic has packed your nose by placing absorbent gauze in your nostril you will need to see your GP or Practice Nurse within 24 hours for your pack to be removed.

Do not remove the pack yourself.

If you are unable to go to your GP Practice within 24 hours your nearest Accident and Emergency or Minor Injuries Unit will be able to make sure your nasal pack is removed safely.

WHO TO CONTACT

If your condition gets worse in any way contact one of the following...

Your Doctor

During normal surgery hours contact your doctor.

NHS24

When your GP practice is closed and you can't wait until it opens call NHS24 on 08454 24 24 24.

When you need reliable information about illnesses and conditions, NHS Services and current health issues call 0800 22 44 88 or visit www.NHS24.com

999

In an emergency dial 999 or 112 and ask the operator for an ambulance response. Always call an ambulance if you think your illness or injury is life threatening. If you are at all unsure, call 999.

YOUR VIEWS ARE IMPORTANT TO US

Let us know how we can improve the service. We need you to tell us about your experiences, good or bad, and how you would like to see our services improved.

Have an opinion or suggestion? Let us know...

Tel: 0131 4467000

Fax: 0131 4467001

Email: scotamb.corporateaffairs@nhs.net

Write to: Scottish Ambulance Service, Corporate Affairs Manager,
Tipperlinn Road, Edinburgh EH10 5UU

This leaflet can be made available in other languages and formats on request. On occasions a summary will be provided. Please contact the corporate affairs team via email or the telephone number above who will then deal with your request.

To download a copy of this leaflet visit:
www.scottishambulance.com

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