

Epistaxis (nose bleed)

Information for patients



You have sustained an epistaxis which has now been controlled. Following discharge from the Emergency department, if you should have another episode:

- Start first aid measures by holding your nose firmly and spitting out any blood from your mouth/throat. (this method will be explained to you by a member of the staff at the time of discharge).
- If after 10-15 minutes this fails to stop repeat for a further 10 minutes. If advice is needed then ring urgent care on 111 or ambulance

If you have a severe nose bleed or feel unwell (e.g. dizzy, lightheaded, palpitations) phone 999 and request an ambulance.

© The Leeds Teaching Hospitals NHS Trust • 2nd edition Ver 1.0 Information approved by: Camilla Boyton ED Consultant, Susannah Jones Senior Physiotherapist and Rachel Hall Senior Sister MIU

Produced by: Medical Illustration Services • MID code: 20190528_005/RC

LN002865 Publication date 05/2019 Review date 05/2021