

# 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.