

Epistaxis (nose bleed)

Information for patients

You have sustained an epistaxis which has now been controlled. Following discharge from the Emergency Department please avoid hot beverages, hot showers and strenuous activity for 48 hours as this can precipitate a further nose bleed.

If you should have another episode:

- Start first aid measures by holding the soft part of 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.**