

**Primary care management Guideline**

Yes

No

Bleeding stops and patient hemodynamically well?

Emergency referral to nearest A&E department

Apply ointment/cream (e.g. naseptin or Vaseline) to the nosebleed side 4 times daily for 1 week

**First aid measures for acute nose bleeds**

* Sit patient down
* Lean patient forward (ideally over sink or table)
* Pinch the lower part of the nose between thumb and forefinger
* Pinch nose for 5 minutes. DO NOT release the pressure <5 minutes. If persists repeat x2.
* Consider inserting nasal tampon if familiar with its use
* Spit out any blood
* Check if the patient is taking aspirin, clopidogrel, prasugrel or warfarin. If so, bleeding is less likely to stop.
* Ticagrelor and Direct Oral Anticoagulants (DOACs).

**Acute Nose Bleed**



Acute nose bleed

First aid measures

**Treatment options for persistent nose bleeds** Nasal cautery if bleeding site can be identified Nasal packing e.g. nasal tampons

Admit to hospital

**Nose bleeds can be serious and life threatening.** Patients who have had serious, prolonged recurrent nose bleeds should be given the information leaflet about prevention of nose bleeds