

Nose Bleeds (Epistaxis)

Minor Injuries Unit (MIU)

If your nose should start bleeding again please follow these instructions:

- Sit with head forward.
- Pinch the soft part of your nose i.e. nostrils with firm pressure continuously for 20 minutes.
- Use an ice pack, if available, to the bridge of the nose (between eyebrows)
- Do not have any hot drinks for 24 hours after the episode as this might cause the bleeding to restart.
- If bleeding has not stopped after 20 minutes return to the Minor Injuries Unit.

If you have more than two episodes of small nose bleeds in a short period of time that you have controlled at home please see your GP. However, if you are passing large clots and are unable to stop the bleeding please attend your local A&E.

Further Information

Should you have any further queries, please do not hesitate to contact us:

Minor Injuries Unit

Tel: 01342 414375

Open daily 8am - 8pm

Please be aware that the Minor Injuries Unit will contact your GP, health visitor or school nurse by writing to confirm your attendance at the hospital. If you have any queries please speak to the nurse in charge.

For further information on our services please access our website: www.qvh.nhs.uk



If you'd like to find out how you can support QVH, please visit www.supportqvh.org

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