

## Contact Details

If you have any questions please telephone the RUH Emergency Department on

**01225 824000 (day)**  
**01225 825015 (night)**

Royal United Hospitals Bath  
NHS Foundation Trust  
Combe Park, Bath BA1 3NG  
01225 428331 [www.ruh.nhs.uk](http://www.ruh.nhs.uk)

Please contact the Patient Advice and Liaison Service (PALS) if you require this leaflet in a different format, or would like to feedback your experience of the hospital.

Email [ruh-tr.PatientAdviceandLiaisonService@nhs.net](mailto:ruh-tr.PatientAdviceandLiaisonService@nhs.net)  
or telephone 01225 825656.

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## Epistaxis Advice (Nose Bleed)



## Treatment of a Nose Bleed

1. Sit in an upright position, tilting your head forward, allowing blood to drip down your nose, not your throat.
2. Pinch your nostrils together just below the bony bridge of your nose.
3. Spit out any blood, do not swallow it.
4. Try sucking ice cubes or placing a bag of frozen peas on the bridge of your nose.
5. Maintain this for 30 minutes. If bleeding does not stop, then seek medical assistance.

## To reduce the risk of further Nose Bleed

**DO NOT** blow your nose for two weeks

**DO NOT** attempt to pick or clean the inside of your nose

**TRY** to avoid sneezing. If unavoidable try to sneeze through your mouth

**DO** Allow hot food or drink to cool before eating.

**DO NOT** have excessively hot baths or showers

Continue with regular medication.

