Patient Presentation

Acute Nosebleed

Once bleeding has stopped

If bleeding persists

GP or Practice Nurse

• Sit down
• Lean Forward ideally over sink or table
• Pinch the soft part of nose between thumb and forefinger
• Pinch nose for 15 minutes. Do not release pressure in less than 15 mins
• Do not pinch bony sections of nose
• Do not tilt head backwards
• Do not insert cotton wool or tissues into the nostrils
• Spit out any blood

GP or Practice Nurse

Apply ointment/cream, e.g., antiseptic cream, to the nosebleed side twice daily for 1 week.

Chronic/Recurrent Nosebleed (mainly anterior)

If bleeding heavy/persistent consider those at risk of posterior tumours (Teenage males, Chinese origin)

GP

i) Advice to be gentle when cleaning/blowing nose
ii) Nasal Cream/ointment
iii) Suggest douching/humidification

ENT Department

Refer to ENT

Hospital

Refer directly to Hospital

N.B. Nosebleeds can be serious and life threatening

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Adapted from CCI ENT – Nose Bleed Patient Pathway, 2005