

# Epistaxis

**This policy applies to:** Patients whose chief complaint is severe or prolonged bleeding from the nose.

**Exclusion Criteria:** Patients with respiratory compromise may first require airway control and mechanical ventilation. Patients with hemodynamic compromise may first require volume and blood product resuscitation.

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## Recognize

- Severity of Bleeding
- Airway patency
- Distress or Anxiety
- Blood Thinners / Coagulopathies
- Hemodynamic status
- Facial trauma
- Environmental factors

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## Evaluate

- Medical History and Medications
- Airway patency
- Circulatory status
- Bleeding disorders
- Estimate Blood Loss
- Pain

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## Administer Treatment

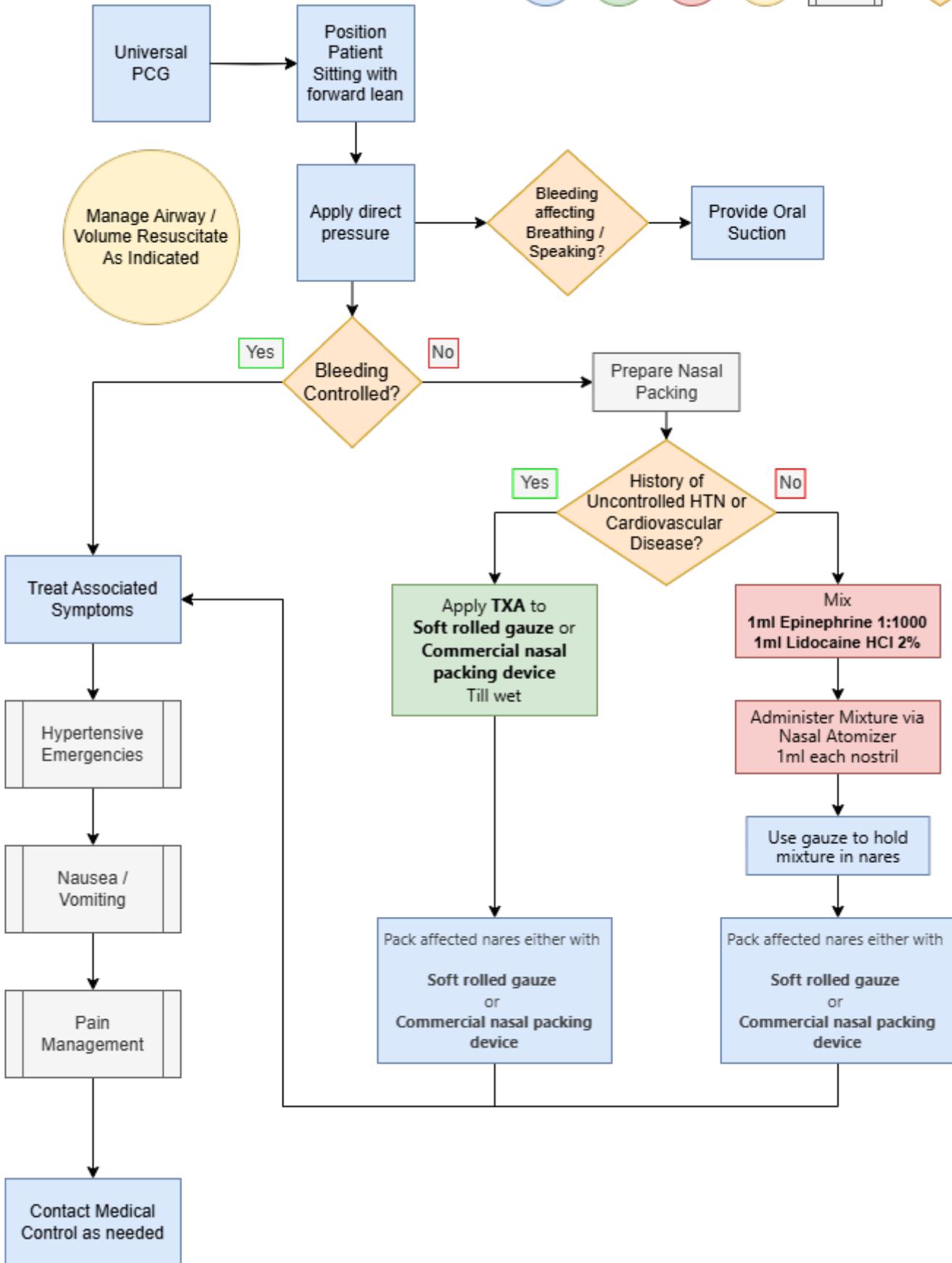
- Patient positioning
  - Place patient in an upright sitting position with a forward lean to prevent ingestion or aspiration of blood.
- Apply direct pressure to the soft part of the nose.
- Provide oral suctioning as needed.
- Manage hypovolemia / shock as indicated.

- Manage airway as indicated
  - Consider **Zofran** IV/IO for nausea associated with blood ingestion. Avoid PO administration.
  - Consider analgesia.
  - Consider mild sedation due to risk of increased bleeding from anxiety associated hypertension.
  - If bleeding unresolved via direct pressure consider nasal packing.
    - Prepare mixture of:
      - **1ml Epinephrine 1:1000**
      - **1ml Lidocaine HCl 2%**
    - For patients with Cardiovascular disease or uncontrolled hypertension:
      - Apply TXA as needed to soft rolled gauze or a commercial nasal packing device till wet.
      - Begin packing affected nares.
    - For all else:
      - Administer 1ml of mixture to each affected nare via nasal atomizer. Using gauze to prevent leaking after administration.
      - Begin packing affected nares either with moistened soft rolled gauze or a commercial nasal packing device.
    - Consider **IV/IO opioids** for pain management. Avoid PO administration.
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## Consider Differentials

- Facial Fractures
  - Uncontrolled Hypertension
  - Illicit drug use
  - Bleeding Disorders
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## Navigate



# References

Protocols

Medications

Procedures

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# Resources

<https://www.youtube.com/embed/9i8qlZ-G1GM?t=01m25s>

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