



**You are receiving
this card because
either you have
chosen to
stay at home
against advice,
or there is no clinical
need for
you to attend
hospital today.**

**For the
next 24 hours,
avoid:**

- blowing your
nose**
- picking your
nose**
- having hot
drinks**
- drinking alcohol**
- heavy lifting**
- strenuous
exercise**
- picking scabs**

**If you have
another
nosebleed,
sit down,
lean forward,
pinch the top of
your nose
for 10-15 mins.
Breathe through
your mouth.**

Go to A&E if:

- It lasts longer than 10-15 mins.**

Call 999 if:

- You are bleeding excessively.**
- The bleeding is after a head injury**
- You feel weak, dizzy, or faint.**
- You are finding it difficult to breathe.**

**Speak to your
GP if:**

- This keeps
recurring.**
- You have been
diagnosed with
a condition that
affects your blood
clotting, e.g.
haemophilia**

**or
or you take
medications
that affect this
e.g.
warfarin or
apixaban.**

**This information
is based on advice
from**

**[https://www.nhs.uk/
conditions/
nosebleed/](https://www.nhs.uk/conditions/nosebleed/)**

**and NICE
guidelines**

AFTER THE



AMBULANCE

AN ARTICLE 999 INITIATIVE
WWW.ARTICLE999.CO.UK

