

Nosebleeds



Information for People Attending our Minor Injury Units (MIU) and Urgent Treatment Centre

Telephone: 0300 125 6800 (Yate MIU) | 01275 546852 (North Somerset MIU) | 0300 124 6260 (South Bristol UTC)



Scan the QR Code to view the MIU and Illness page on the Sirona care and health website.

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What are Nosebleeds and Why Do They Happen?

Nosebleeds are common and usually occur spontaneously. The most common cause of bleeding is when nasal membranes dry out and they crack. This occurs in dry climates, or during winter months when central heating makes the air dry and warm.

People taking medications such as Warfarin, Aspirin, or non-steroidal anti-inflammatory drugs which prevent normal blood clotting are more susceptible to bleeding.

In this situation, even a minor trauma could result in significant bleeding.

Other causes of nose bleeds are:

- Infection.
- Trauma, including self-induced nose picking.
- High blood pressure (hypertension).
- Alcohol abuse.

Less common causes include tumours and inherited bleeding problems.

Dial 999 if:

- You cannot stop the bleeding.
- Blood loss is large.
- You feel faint or weak.

Call 111 if you urgently need medical help or advice but it's not a life-threatening situation.

For less urgent health needs, contact your GP or local pharmacist in the usual way.

First Aid to Stop the Bleeding:

1. Pinch all the soft parts of the nose together between thumb and index finger.
2. Press firmly toward the face compressing the pinched parts of the nose against the bones of the face.
3. Lean forward slightly with the head tilted forward. Leaning back or tilting the head back allows the blood to run back into your sinuses and can cause gagging or inhalation or inhaling the blood. Hold the

nose for at least 10-15 minutes. Repeat as necessary until the nose has stopped bleeding.

4. Sit quietly, keeping the head higher than the level of the heart. Do not lay flat or put your head between your legs. If available, apply ice (wrapped in a towel) to nose and cheeks or forehead, whilst still pinching the nose to try and stop the bleeding faster.

How do you prevent the nose from bleeding again?

- When lying down elevate your head with a pillow to 30-45 degrees
- Do not blow your nose or put anything into it. If you have to sneeze open your mouth so that the air will escape out the mouth and not through the nose
- Do not strain or bend down to lift anything heavy. Avoid strenuous activities for at least 12 hours.
- Try and keep your head higher than the level of your heart.
- Do not smoke or drink alcohol for 24 hours.
- Do not drink hot liquids for at least 24 hours.
- Do not take medications that will thin the blood. If these have been prescribed by your doctor, then contact them for further advice.

Other advice

Contact your GP if you have recurring nose bleeds, you may require further treatment.

If re-bleeding occurs, try to clear the nose of clots by sniffing in forcefully and then spitting them out through the mouth. Then repeat the steps.

Minor Injury Units and Urgent Treatment Centres

Our minor injury and urgent treatment centres support the local community with urgent minor injuries and/or illnesses. They are led by our specialist emergency nurse practitioners, Physiotherapist practitioners and paramedic practitioners.

They are walk-in centres so you don't need an appointment or a referral – you can just arrive at the centre during opening hours. These centres are not appropriate for life-threatening injuries or serious illnesses.

South Bristol Urgent Treatment Centre

Minor injuries and illnesses

Open 8am-8pm, 7 days a week

South Bristol NHS Community Hospital Hengrove Promenade Hengrove,
Bristol

BS14 0DE

T: 0117 342 9692

Yate Minor Injury Unit

Minor injuries only

Open 8am-8pm, 7 days a week

Yate West Gate Centre 21 West Walk, Yate BS37 4AX

T: 0300 125 6800

Clevedon Minor Injury Unit

Minor injuries only

Open 8am-8pm, 7 days a week

North Somerset Community Hospital Old Street, Clevedon BS21 6BS

T: 01275 546852

Other formats

We want you and the people who help you to understand what we send. If you need help with this letter or leaflet, please tell us.

We can help with larger print, audio (a message to listen to), Easy read, British Sign Language or this information in another language.



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Please scan the QR code to listen to an audio version of this statement.

Date of creation: 06/2026 Date for review: 06/2027 URN: 0749

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