



Actions first 30 minutes in case of a nose bleed

1. Pinch nose

Sit upright with your head tilted slightly forward and breathe gently through your mouth.

Blow your nose.

Then squeeze the nostrils tightly for 10 minutes. Thumb and index finger just below where the hard part (bone) merges into the soft part of the nose.

Repeat one time if necessary.



Unsuccessful?
Go to step 2

3. Start with TXA tbl and Xylometazoline (Otrivin®),

Use TXA as subscribed by your haemophilia centre.

Sometimes it helps to put a twisted wad of cotton in the front of the nose with Xylometazoline (Otrivin®) dripped on.

Unsuccessful?
Go to step 3

3. If available Desmopressin nasal spray

Use Desmopressin nasal spray or subcutaneous as subscribed by your haemophilia centre.

Unsuccessful?
Call HTC see other side

The following advice apply to the first 2 to 3 days after a spontaneous nosebleed

Do not blow the nose after a nosebleed has stopped (otherwise the clot will come loose too soon)

Avoid an increase in pressure in the head (no pushing (toilet), lifting, bending, etc.)

Do not eat foods that are too hot and / or spicy

Do not drink hot, carbonated or alcoholic drinks

Don't take hot baths or saunas (a lukewarm shower won't hurt)

Don't pick your nose

If necessary, increase the humidity in your house to prevent crusting in particular

Don't smoke (warms the inside of your nose)

Continue to take Tranexamic acid 3 times a day in the dose prescribed for you for at least 3 days. Spread the 3 doses evenly over 24 hours.

LOGO HTC

Telephone number

During office hours

Outside office hours
