



جامعة الإمام عبد الرحمن بن فيصل
IMAM ABDULRAHMAN BIN FAISAL UNIVERSITY

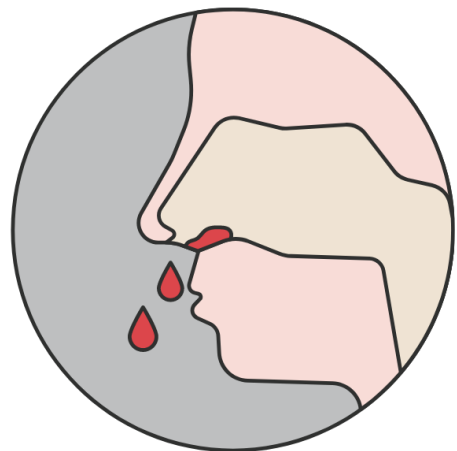
مستشفى الملك فهد الجامعي
King Fahad Hospital The University

Nose-bleed and Blood Thinner Medications



How do I know if I have a nosebleed?

Nosebleeds are blood loss from the tissues that line the nose, they usually occur from one nostril and can range in severity from mild to severe, requiring immediate medical attention.



What should I do if I get a nosebleed while taking blood-thinning medications?

- 1- Stay calm.
- 2- Lean forward slightly while sitting or standing.
- 3- Avoid lying down or tilting your head back as this can cause you to swallow blood and vomit.
- 4- Hold both sides of the soft (non-bony) part of your nose.
- 5- Avoid applying pressure to one side without the other, even if the bleeding is only on one side.
- 6- Press your nose for 10-15 minutes, taking into account not to release the pressure to make sure the bleeding stops before the recommended time has passed.



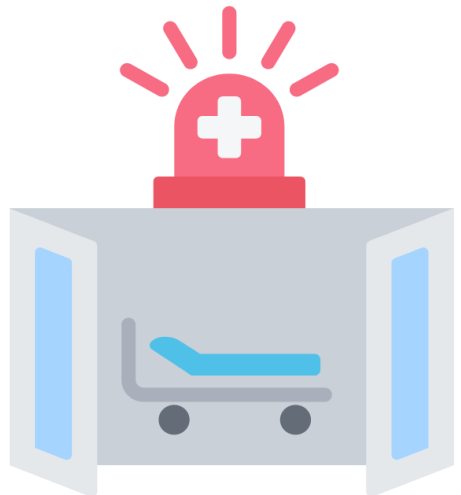
What should I do if I get a nosebleed while taking blood-thinning medications?

7. To help constrict blood vessels, you may use cold compresses or an ice pack on the nose.
8. If the bleeding does not stop, repeat the previous steps.
9. If the bleeding continues after half an hour (30 minutes), you should go to the emergency room immediately.
10. After the nosebleed stops, you should avoid inhaling or blowing your nose hard for several hours.



When should I go to the emergency room?

- If the nosebleed continues after first aid.
- If the nosebleed is severe and accompanied by difficulty breathing.
- If the nosebleeds recur.
- If bruises or bleeding appear in other parts of the body
- If the bleeding is accompanied by dizziness, fatigue, chest pain, or high blood pressure





Notes:



Resources and references:

All pictures used from Canva.com

Review and Audit:

The content of this booklet has been written and reviewed by
Department of Pharmacy Services at King Fahd University Hospital in
AlKhobar.

Department of Pharmacy Services

Health Awareness Unit

IAU-24-582



جامعة الإمام عبد الرحمن بن فيصل
IMAM ABDULRAHMAN BIN FAISAL UNIVERSITY

مستشفى الملك فهد الجامعي
King Fahad Hospital The University