It is very difficult to quantify the amount of blood loss with epistaxis. Bleeding may also be occurring posteriorly. Evaluate for posterior blood loss by examining the posterior pharynx. Direct pressure is defined as constant, firm pressure for 20 minutes with head positioned forward without reexamining the affected nares(s). Anticoagulants include warfarin (Coumadin), apixaban (Eliquis), heparin, enoxaparin (Lovenox), dabigatran (Pradaxa), and rivaroxaban (Xarelto). Anti-platelet agents like aspirin and many over-the-counter headache relief powders (i.e., Excedrin Migraine),