### Pearls

- 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).
- Encourage children not to swallow blood, which may result in vomiting blood.

### History
- Age
- Past medical history (e.g., hemophilia, Von Willebrand)
- Winter syndrome (e.g., warm, dry heat)
- Previous episodes of epistaxis
- Trauma
- Duration of bleeding
- Quantity of bleeding (mild or severe)

### Signs and Symptoms
- Bleeding from nasal passage
- Pain
- Dizziness
- Nausea
- Vomiting

### Differential
- Trauma
- Infection (viral URI or Sinusitis)
- Allergic rhinitis
- Lesions
- Epistaxis digitorum
- Aneurysm

### Control bleeding with direct pressure
- Compress nostrils with direct pressure with head tilted forward in position of comfort
- Cardiac monitor
- Consider, IV

### If age-dependent hypotensive
- Normal Saline bolus IV/IO
- May repeat x2

### Consider, Ondansetron

### Notify receiving facility.
- Consider Base Hospital for medical direction

---

**San Mateo County Emergency Medical Services**

**Epistaxis**

For any bleeding from the nares

---

**San Mateo County Health Emergency Medical Services**

Treatment Protocol  P10

Page 1 of 1

Effective July 2020