Pediatric Epistaxis
For any bleeding from the nares

**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

**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.

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

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**Control bleeding with direct pressure**
Compress nostrils with direct pressure with head tilted forward in position of comfort

Cardiac monitor

Consider, IV

**Consider, Ondansetron**

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

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Notify receiving facility.
Consider Base Hospital for medical direction

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If Hypotension is present

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SAN MATEO COUNTY HEALTH
EMERGENCY MEDICAL SERVICES

Treatment Protocol P10
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