

COPING WITH NOSEBLEEDS

Many people experience nosebleeds, especially people with a bleeding disorder. Nosebleeds can be made worse by weather (i.e. dry winter air, humid summer air, pollen or ragweed in the air) or by other factors such as picking the nose, bumping the nose, or rubbing the nose. For many, the nosebleeds will resolve within a few minutes without any intervention. However, for those who have nosebleeds that happen frequently, last a long time without stopping, or are heavy and gushing, a nosebleed can interfere with your daily life.

To help prevent nosebleeds:

1. Use a humidifier at night.
2. Apply saline nasal spray or nasal gel 4 times per day.
Some over-the-counter brands include:
 - a. Afrin-gel or nasal mist
 - b. Ocean nasal spray
3. Apply Neosporin, Vaseline, or Olive Oil to the inside of the nose gently with a cotton swab several times per day.
4. Use an antihistamine to help decrease the swelling of the tissue in the nose, especially if you are prone to allergies.
5. Do not pick your nose!
6. Blow your nose gently.

Here are some helpful hints for dealing with troublesome (frequent, heavy, or nonstop) nosebleeds:

1. The first thing to do when experiencing a nosebleed is to pinch the soft part of the nose firmly for 15 minutes... no peeking!! Do not lay down or tilt your head back. If possible, tilt your head slightly forward. You do not want blood to run down the back of your throat into your stomach, as blood is very irritating to the stomach. If the nosebleed continues after pinching for 15 minutes, then pinch again for another 10 minutes..., again, no peeking! To help pinch the nose and to allow both hands to be free, nose clips can be used.
2. If pinching does not stop the nosebleed, here are several ways to get the bleeding under control:
 - a. Cold compress: Place ice or cold pack on the bridge of the nose to help stop the bleeding. Whichever cold compress is used, place it in a washcloth.
 - b. SEAL-ON Nasal Sponge: SEAL-ON nasal sponges contain m-doc, a fine powder, that absorbs blood and then forms a soft gel-like layer over the site that is bleeding. SEAL-ON products come with instructions and should be available over-the-counter in pharmacies, supermarkets and wherever first aid products are sold. To learn more about this product or where it can be bought, visit the company's website at www.seal-on.com.

- c. Nosebleed QR/Nosebleed QR-Gentle Formulation: Nosebleed QR is a powder that contains components that combine with blood to form a flexible scab over the bleeding area. This preparation comes with instructions and can be purchased over-the-counter at many pharmacies. To learn more about this product or where it can be bought, call the company at 1-800-722-7559 or visit the company's website at www.biolife.com.
- *** Nosebleed QR can cause a burning sensation when the powder is applied. To help decrease the chance of burning, apply Nosebleed QR when there is active bleeding.
- *** Nosebleed QR- Gentle Formulation is less likely to cause burning however may not be as effective as the regular Nosebleed QR because it contains less of the active ingredient that helps form the scab.
- d. Salt pork nasal plugs:
- i. Buy a package of salt pork at the grocery store. It comes packaged like bacon.
 - ii. Cut small pieces about the size of your little finger (long and thin).
 - iii. Use a piece of thread or dental floss and a needle, and go through one end of the piece of salt pork and make a loop. This will allow it to be easily removed from your nose.
 - iv. Wrap these plugs in wax paper and put in your freezer.
 - v. When your nose is bleeding, unwrap one of these plugs (you may need to run under warm water for a minute to unwrap it), and place it gently up your nose, leaving the string hanging out. Gently squeeze the soft part of your nose with the plug inside your nose.
 - vi. After about 1 hour, remove the plug gently.
- e. Estrogen Cream: Estrogen cream can be applied to the inside of the nose. However, there are some side effects with this form of treatment that need to be considered and discussed with your hematologist before using this treatment. Also, the estrogen cream requires a prescription from your doctor.
- f. Stimate: If the above suggestions are not helpful in controlling your nosebleeds, you can contact our office to discuss the option of Stimate. Stimate does not prevent nosebleeds but is used in response to a nosebleed and is used if pinching (as described above) does not stop the nosebleed. Stimate requires a prescription and is an expensive medication. Insurance coverage of Stimate varies by insurance policies and you may want to investigate the cost with your specific policy before having the prescription filled.

Remember, after getting a nosebleed to stop, do NOT blow or pick your nose. Blowing or picking will dislodge the clot that has formed and the bleeding may resume.

If you have questions regarding this information, please call your CCBD Nurse Coordinator.