



Management of Epistaxis Guideline

ANH/ENT/GUD/02/Vers.01
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Institution Name: Al Nahdha Hospital

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Approval Process

	Name	Title	Institution	Date	Signature
Written by	Dr. M. Jamil Hyder	Senior Consultant	Al- Nahdha Hospital	December 2019	
Reviewed by	Dr. Salma Al- Sheibani	Head of E.N.T Department	Al- Nahdha Hospital	December 2019	
Validated by	Quality Management & Patient Safety Department	Quality Management & Patient Safety Department	Al- Nahdha Hospital	February 2020	
Approved by	Dr. Hamad Al- Harthi	Hospital Director	Al- Nahdha Hospital	February 2020	



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Acronyms:

ENT	Ear, Nose and Throat
CBC	Complete Blood Count
CT	Computed Tomography
MRI	Magnetic resonance imaging



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1. Introduction

Epistaxis is a common clinical problem encountered in ENT practice .It can affect all age groups though extremes of age are more vulnerable.

There are three distinct clinical presentations of Epistaxis.

- 1.1 Recurrent epistaxis presenting in outpatient clinic.
- 1.2 Epistaxis in in- patient with a known systemic disease or impaired coagulation due to disease or medication like warfarin.
- 1.3 Profuse epistaxis presenting in Emergency Department.

2. Scope

These guidelines are applicable to ENT treating doctors in ward, outpatient or Emergency Department.

3. Purpose

- 3.1 To provide a basic frame work of management of epistaxis.
- 3.2 To standardize the management of epistaxis at department level.
- 3.3 To promote rationale use of antibiotics.

4. Definitions

Epistaxis is bleeding from the nose. Usually the blood trickles out of the nose. If bleeding is more posterior than it may present through mouth also.

5. Procedure.

- 5.1 Recurrent Epistaxis presenting in outpatient clinic.
 - 5.1.1 History, thorough clinical examination including nasal endoscopy.
 - 5.1.2 Select and undertake appropriate investigations like CBC, Coagulation profile, C T Scan of Nose and Sinuses or MRI if it's appropriate.
 - 5.1.3 Exclude vascular lesion like Angiofibroma in appropriate group or neoplasm in appropriate age group.



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- 5.1.4 Consider Medical Therapy----Ointment can be used for 1 week, if further lubrication is required use Vaseline.
- 5.1.5 Chemical cautery or electrical cautery if required.
- 5.2 Epistaxis in admitted patients with systemic disease.
- 5.2.1 Control of Bleeding with Anterior Merocel pack / or + Post balloon tamponade.
Ointment should be applied over the pack. No need to give systemic antibiotics if pack is kept for 48 hours and without comorbidity.
- 5.2.2 Control of primary condition by physician.
- 5.2.3 For example:
- 5.2.3.1 Patients on Warfarin/ Heparin.
 - 5.2.3.2 Patients with coagulopathy.
 - 5.2.3.3 Patients with hematological disorders.
- 5.3 Profuse epistaxis presenting in Emergency Department.
See the algorithm Appendix 1.



6. Document History and Version Control

Document History and Version Control			
Version	Description of Amendment	Author	Review Date
01	Initial Release	Dr. M. Jamil Hyder	Feb/2020
02			
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Dr. M. Jamil Hyder		Head of E.N.T Department	Hospital Director



7. References:

Title of book/ journal/ articles/ Website	Author	Year of publication	Page
Management of Epistaxis	Corry, J .Kucik	2005	305
Nasal Packing. (Science direct)	Alexix. H. Jackman	10/28/2019	
A Microbiological study of anterior nasal pack in Epistaxis (IJO & HNS)	Abhay Gupta	March 1999	



Appendix 1:

