

## Goals

- Protect the airway
- Ensure hemostasis

Have patient gently blow nose to expel clots

Lean patient forward, apply firm bilateral pressure to nares for 15 uninterrupted minutes

Consider dimenhydrinate 25 mg IV (or 25-50 mg IM) q 20 min x 1 if patient is nauseous

## Tips

- Identify any high-risk factors:
  - Hypertension
  - Trauma
  - Known bleeding disorder
  - Anti-platelet/anti-coagulant use
- Attempt to identify if it is a unilateral or bilateral bleed
- Avoid putting pressure on the bridge or bony part of the nose when compressing nares