

Nozohaem™ Frequently Asked Questions



What are the most common causes of a nosebleed?

Most often, minor nosebleeds are caused by trauma or an injury to the nose. Trauma to the outside of the nose, from a blow to the face (during a sports activity), or trauma to the inside of the nose (from rubbing and picking) can both often initiate a nosebleed.

Can babies (infants) get nosebleeds?

Nosebleeds in babies (infants) do occur but are rare and should be evaluated by a healthcare professional. ¹

Nozohaem™ Nasal Gel is not recommended for use in babies.

Can children use Nozohaem™ when they have a nosebleed?

Nozohaem™ can be used in children from 2 years of age.

Nosebleeds can be very traumatic for a child. It's understandable that they would be frightened by the sight of blood. Try and reassure or calm them as crying can bring more blood to the facial area and make the bleeding worse.

Follow the instructions as indicated in the enclosed Patient Information Leaflet for **Nozohaem™ Nasal Gel**. Stay with the child and make sure that the gel is applied correctly. The gel should be left in the nose for 30 minutes and any excess gel running out of the nose can be wiped away with a tissue. If bleeding does not stop within 30 minutes consult your doctor, pharmacist or other healthcare professional.

Nozohaem™ Nasal Gel is not recommended for use in babies.

When should you visit your doctor for a nosebleed?

Contact your doctor if: ¹

- You experience repeated nosebleeds
- There is additional bleeding from other areas, such as in the urine or stools
- You bruise easily
- You are using blood thinning medication
- You had recently had chemotherapy

When should you go to the hospital or emergency room for a nosebleed?

You should get urgent medical care if: ¹

- The bleeding does not stop after 10 – 20 minutes, while pinching the nose
- You have repeated nosebleeds over a short period of time or if large amounts of blood are lost
- You feel dizzy or light-headed, or you feel like passing out
- Your heart is beating very fast or you have trouble breathing
- You are vomiting up blood
- You have a rash or your temperature is higher than 38,5 °C

If someone has a nosebleed, and you don't have any Nozohaem™ on hand – what should you do? ¹

- Pinch the nostrils together and apply direct pressure with the thumb and index finger for approximately 10 minutes
- Allow the patient to lean forward since tilting the head back will only cause them to swallow the blood
- Allow the patient to spit out any blood as swallowing the-blood may cause vomiting

Why isn't it a good idea to get the person to lie down? ¹

Allowing the patient to lie down encourages swallowing of the blood which may cause the patient to become nauseous.

Is it a good idea to put a tissue or a piece of toilet paper into the nostril where the blood is coming from?

In order to try and stop the bleeding you need to apply direct pressure to the nose.¹ Placing a piece of tissue or toilet paper in the nose does not provide sufficient pressure and pieces of the tissue or toilet paper may remain behind in the nose.

What precautions should you take after a nosebleed has occurred (and the bleeding has stopped)?¹

- Once the bleeding has stopped try not to cause any further irritation to the nose (therefore avoid nose blowing as well as nose picking)
- Ice packs do not help nosebleeds, so there is no need to apply one
- Use saline nasal sprays or other lubricating nose sprays to promote tissue healing and to help keep the nasal passages moist



Where can I get Nozohaem™?

Nozohaem™ is available from your nearest pharmacy.

References:

1. Nosebleed (Epistaxis). Emedicinehealth Experts in everyday emergencies, http://www.emedicinehealth.com/nosebleeds/article_em.htm.