

# Nose Bleed



# What causes nose bleeds?

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It is very common for children to have nose bleeds (epistaxis). Nose bleeds are usually caused by dryness of the nasal lining, paired with rubbing and picking of the nose that is blocked or itchy. Blowing the nose vigorously can also cause bleeding.

## How can I help my child?

- Sit your child upright in a comfortable position and lean forward so that he/she does not swallow the blood. Prepare a basin for your child to spit out any blood that has dripped from the nose into his/her mouth. Swallowed blood irritates the stomach and may cause your child to vomit. Do not be alarmed if it happens.



- Tightly pinch the soft part of the nose, just above the nostrils, for 10 minutes. The nostrils should be closed firmly. Do not release the pressure to check for bleeding until the 10 minutes is up. During this time, your child will have to breathe through his/her mouth.
- If the bleeding persists, please see your doctor. Continue applying pressure to the soft part of the nose in the meantime.

## Take note:

- Applying a cold washcloth to the forehead, back of the neck, bridge of the nose or under the upper lip does not help to stop a nose bleed.
- Pressing on the bony part of the nose does not stop a nose bleed.
- Avoid stuffing your child's nose as bleeding usually recurs when the stuffing is removed.
- Once the bleeding has stopped, avoid picking at the nose or blowing out the blood clots as this may cause the bleeding to happen again.
- Tell your child to blow his/her nose gently if needed.

## How can nose bleeds be prevented?

- Applying a small amount of petroleum jelly twice a day to the centre wall (septum) inside the nose is often helpful for relieving dryness and irritation.
- It may be beneficial to use a humidifier in the bedroom at night to moisten the air.
- Put two to three drops of warm water into each nostril before blowing a stuffy nose. You may also use a saltwater nasal spray.
- Avoid aspirin as it can increase the tendency of the body to bleed easily for up to a week and can make nose bleeds last much longer.
- If your child has nasal allergies, taking antihistamines may help to break the itching-bleeding cycle.

# Should I bring my child to the Urgent Care Clinic (UCC) or Children's Emergency?



Please bring your child to the UCC\* if the bleeding does not stop after 20 minutes of direct pressure.

\* UCC is a walk-in clinic in the community for children and adolescents up to 18 years old with urgent but non-life threatening conditions. It is open daily from 9am to 11pm (last registration at 9pm).

Please bring your child to the Children's Emergency immediately if:

- The bleeding is severe or excessive (more than a cup)
- He/she is feeling dizzy
- The bleeding is due to an injury





# About the Khoo Teck Puat – National University Children’s Medical Institute (KTP-NUCMI)

The KTP-NUCMI is the paediatric arm of the National University Hospital and comprises the Departments of Paediatrics, Paediatric Surgery and Neonatology. We provide comprehensive and specialised medical and surgical services for newborns, children and adolescents. NUH is the only public hospital in Singapore that offers paediatric kidney and liver transplant programmes. Through a generous gift from the Estate of Khoo Teck Puat, we have set up an integrated outpatient facility with medical, diagnostic and rehabilitation services.

For more information about us, visit [www.nuh.com.sg/ktp-nucmi](http://www.nuh.com.sg/ktp-nucmi).

## Contact Us

### **24-hour Children’s Emergency**

Location: NUH Main Building, Zone F, Level 1  
General Enquiry: +65 6772 5000

### **KTP-NUCMI**

Location: NUH Main Building, Zone E, Level 2  
(Accessible via Kent Ridge Wing, Zone C, Level 2, Lift Lobby C)  
Operating Hours: 8.30am – 5.30pm (Mon to Fri), 8.30am – 12.30pm (Sat)  
General Enquiry: +65 6772 5736 Appointment Line: +65 6908 2222  
Email: [ktpnucmi\\_appt@nuhs.edu.sg](mailto:ktpnucmi_appt@nuhs.edu.sg)

### **9a Viva-University Children’s Cancer Centre**

Location: NUH Medical Centre, Zone B, Level 9  
Operating Hours: 8am – 5.30pm (Mon to Fri)  
Appointment Line: +65 6772 5030 Fax: +65 6872 4314  
Email: [cbccappt@nuhs.edu.sg](mailto:cbccappt@nuhs.edu.sg)

### **NUH Children’s Urgent Care Clinic @ Bukit Panjang**

Location: Junction 10, 1 Woodlands Road, #01-22, Singapore 677899  
Operating Hours: 9am – 11pm daily (including public holidays)  
General Enquiry: +65 6219 1538 Email: [childreucc@nuhs.edu.sg](mailto:childreucc@nuhs.edu.sg)  
Website: [www.nuh.com.sg/ucc](http://www.nuh.com.sg/ucc)

### **NUH Child Development Unit @ JMC**

Location: Jurong Medical Centre,  
60 Jurong West Central 3, Level 2, Singapore 648346  
Operating Hours: 8.30am – 5.30pm (Mon to Fri)  
Appointment Line: +65 6665 2530/2531 Fax: +65 6665 0158  
Email: [cdu@nuhs.edu.sg](mailto:cdu@nuhs.edu.sg) Website: [www.nuh.com.sg/cdu](http://www.nuh.com.sg/cdu)

### **NUH Child Development Unit @ Keat Hong**

Location: Keat Hong Community Club,  
2 Choa Chu Kang Loop, #03-01, Singapore 689687  
Operating Hours: 8.30am – 5.30pm (Mon to Fri)  
Appointment Line: +65 6769 4537/4637 Fax: +65 6665 0158  
Email: [cdu@nuhs.edu.sg](mailto:cdu@nuhs.edu.sg) Website: [www.nuh.com.sg/cdu](http://www.nuh.com.sg/cdu)

### **National University Hospital**

Location: 5 Lower Kent Ridge Road, Singapore 119074  
Tel: +65 6908 2222 Email: [contactus@nuhs.edu.sg](mailto:contactus@nuhs.edu.sg)  
Website: [www.nuh.com.sg](http://www.nuh.com.sg)



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