

## Blood Thinners (Anticoagulants): Be Safe with High-Risk Medications

Nosebleeds can occur more often in people who take blood thinners (anticoagulants). It is important to understand how to stop and prevent nosebleeds, which can help keep you healthy and avoid a trip to the emergency room.

### Examples of Blood Thinners:

- Coumadin
- Eliquis
- Xarelto
- Pradaxa
- Aspirin



## Prevention Strategies

- **Humidification:** A humidifier can help keep the air moist, especially during winter when the indoor air is dry.
- **Nasal Care:** To keep the nose from getting dry, use saline sprays or gels. Putting a little petroleum jelly inside the nostrils can also help.
- **Gentle Handling:** It is important to blow your nose gently. Avoid picking the nose, which can hurt the sensitive blood vessels inside the nose.



## First Aid for Nosebleeds

- **Stay Calm:** It is important to stay calm during a nosebleed. Being anxious can make your blood pressure go up, which might make the nosebleed worse.
- **Positioning:** Sit up straight and lean slightly forward. This prevents blood from flowing down the throat, which can lead to coughing or vomiting.
- **Nasal spray:** Instill three squirts in the bleeding nostril and squeeze nostrils together for ten minutes. May repeat one time.
- **Pinching the Nose:** Pinch the soft part of your nose (just below the hard bone part) for five to ten minutes. This pressure usually stops the blood flow.
- **Cold Compress:** Put a cold pack or some ice, wrapped in a cloth, on the bridge of your nose. This can make the blood vessels smaller and lessen the bleeding.



## When to Seek Medical Attention

Most nosebleeds can be taken care of at home. Sometimes, you might need to see a doctor if:

- The bleeding is heavy or doesn't stop after trying first aid for 30 minutes.
- You have other symptoms, like high blood pressure, dizziness, chest pain, or a fast heartbeat.
- The nosebleed happened because you fell or hurt your head.
- If you do stop a nosebleed at home, tell your doctor about it. Your doctor might want to check your bloodwork, change your medicine dose, or ask you to come in for a visit.



## Conclusion

By following these preventative measures, you may effectively manage nosebleeds at home. Remember to contact your medical provider to discuss next steps and avoid further nosebleeds.

Access the WebMD video on nosebleeds by clicking or scanning the QR code.

