



## Nosebleed Questionnaire

When did you first start having nosebleeds? \_\_\_\_\_

How often are you having nosebleeds? \_\_\_\_\_

How many bleeding episodes have you had? \_\_\_\_\_

How long does each bleeding episode last? \_\_\_\_\_

Is the problem stable, improving, or worsening? Please circle: **Stable | Improving | Worsening**

Please estimate blood loss during the most severe episode: **Teaspoon | Tablespoon | Cup | More than a Cup**

Which side of the nose are you bleeding from? Please circle: **Right | Left | Both Sides**

How do you get the bleeding to stop? \_\_\_\_\_

Does anything trigger the bleeding episodes? \_\_\_\_\_

Please answer the following questions by checking "Yes" or "No".

Yes      No

\_\_\_      \_\_\_      Do you have numbness or tingling of your face?

\_\_\_      \_\_\_      Do you have new blurry or double vision?

\_\_\_      \_\_\_      Do you have a decreased sense of smell?

\_\_\_      \_\_\_      Do you have difficulty breathing through your nose?

\_\_\_      \_\_\_      Do you have facial pain or pressure?

\_\_\_      \_\_\_      Do you bruise easily or have difficulty stopping bleeding after a cut?

\_\_\_      \_\_\_      Do you have a family history of bleeding disorders (e.g., hemophilia, von Willebrand disease)?

\_\_\_      \_\_\_      Do you take aspirin or blood thinners (e.g., Coumadin)?

\_\_\_      \_\_\_      Do you have high blood pressure?

\_\_\_      \_\_\_      Do you take alternative medicines/vitamins (e.g., Ginkgo, vitamin E)?

\_\_\_      \_\_\_      Do you use topical nasal steroids (e.g., Flonase)?

\_\_\_      \_\_\_      Have you had nasal or sinus surgery?

\_\_\_      \_\_\_      Do you have a history of nasal trauma/fractures?

\_\_\_      \_\_\_      Do you have a history of allergic rhinitis or sinusitis?