

**A less painful and economic  
treatment of posterior epistaxis**

**epicat®**

# Hot Water Irrigation

## for the treatment of posterior epistaxis

### Why?

Compared to tamponade treatment:

- efficient
- less painful
- less traumatic to the nasal mucosa
- no tamponade of the nasal cavity
- shorter hospitalization time
- economic

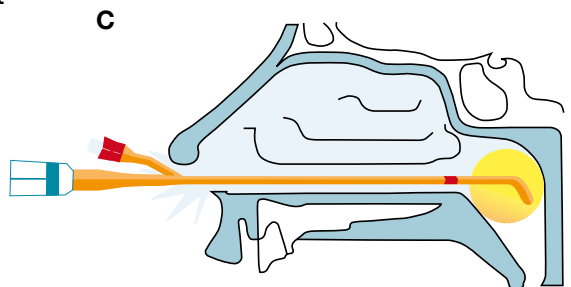
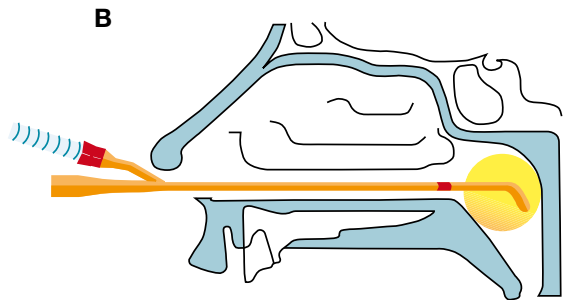
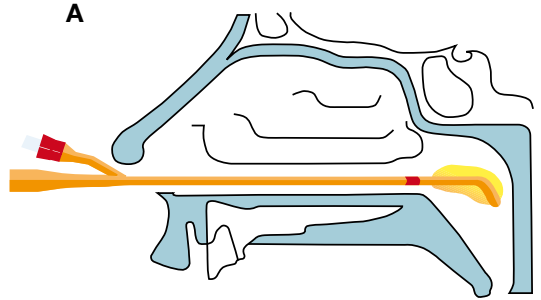
### What you need

- EPICAT® (CE-certificated and sterile Silkolatex® catheter)
- a thermometer (0 - 100 °C)
- a thermo-bucket filled with 50 °C fresh hot water from the hot water tap
- a 10 ml syringe
- a 100 ml syringe – or the largest available



## How to use

- 1** The patient is instructed to sit with the head slightly flexed.
- 2** The catheter is introduced into the bleeding nasal cavity as far as possible (A).
- 3** The balloon is then filled with 10 ml 50 °C of hot water (B).
- 4** The catheter is pulled back, so that the balloon seals the posterior choana (B).
- 5** The nasal cavity is irrigated forcefully via the catheter with 500 ml 50 °C hot water (C).
- 6** During the irrigation the patient is instructed not to breathe.
- 7** The catheter is then removed and the patient should be observed for 15 minutes.
- 8** If after 15 minutes there is still active bleeding, the procedure should be repeated.



**References:**

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- 4 Stangerup S-E, Thomsen H.K. Histological changes in the nasal mucosa after hot-water irrigation. Rhinology 1996; Vol. 34:14-17.
- 5 Stangerup S-E, Dommerby H, Lau T. Hot-water irrigation as a treatment of posterior epistaxis. Rhinology 1996; Vol. 34:18-20.
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- 7 Schlegel-Wagner C, Siekmann U, Linder T. Non-invasive treatment of intractable posterior epistaxis with hot-water irrigation. Rhinology 2006; 44:90-93.



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