ISRCTN34153772 https://doi.org/10.1186/ISRCTN34153772

# Novel use of TXA to reduce the need for nasal packing in epistaxis

**Submission date**
10/04/2017

**Recruitment status**
No longer recruiting

**Registration date**
01/06/2017

**Overall study status**
Completed

**Last Edited**
11/07/2023

**Condition category**
Signs and Symptoms

[_] Prospectively registered
[X] Protocol
[_] Statistical analysis plan
[X] Results
[_] Individual participant data

## Plain English summary of protocol

Background and study aims
Nosebleeds are a very common condition. In most cases nosebleeds stop with simple first aid measures, but some cases are more serious, leading to hospital admission or even death. Patients with serious nosebleed attending the emergency department (ED) are initially treated with vasoconstrictors (applying a solution to the inside of the nostril that causes blood vessels to contract) or cauterisation (briefly burning the blood vessel to seal it). If bleeding cannot be stopped with these measures, patients usually undergo nasal packing. Nasal packing involves stuffing the nasal passage tightly with a dressing to apply pressure to the source of the bleeding, which can be an extremely uncomfortable and painful experience. The nasal pack is left in place for about 48 hours and patients are kept in hospital for monitoring during this time. In other conditions where bleeding is a problem, tranexamic acid (TXA) has been shown to help the normal blood clotting process, making clots less likely to break down. TXA has the potential to safely stop serious nosebleeds, and reduce the need for patients to undergo nasal packing and an in-patient hospital stay. The aim of this study is to evaluate the effectiveness of TXA in the treatment of serious nosebleeds.

Who can participate?
Patients with a serious nosebleed that fails to stop after first aid and initial treatment in the emergency department.

What does the study involve?
Participants agree to take part while having simple, empergency treatment to for their nosebleed which usually, at least temporarily, controls bleeding. In their nose continues to bleed after the initial treatment, participants continue in the study. These participants are randomly allocated into one of two groups. For those in the first group, a cotton wool roll soaked in TXA is gently inserted into the bleeding nostril and held in place with a nose-clip for about 10 minutes. This can be repeated once more if the bleeding continues. Those in the second group receive the same treatment except the cotton wool roll is soaked in water. Participants in both groups then go on to receive usual care. One week later, participants are contacted by telephone in order to find out about recovery, and medical notes are reviewed.

What are the possible benefits and risks of participating?
TXA may help to stop nose bleeds, so those allocated to receive TXA treatment may benefit from having their nose bleed stop without need for further hospital treatment. There are no notable risks involved with participating.

Where is the study run from?
Royal Devon & Exeter Hospital (lead centre) and 13 other NHS hospitals in England and Scotland (UK)

When is the study starting and how long is it expected to run for?
Study dates as of 19/11/2018:
August 2016 to June 2019

Previous study dates:
August 2016 to January 2019

Who is funding the study?
National Institute for Health Research (UK)

Who is the main contact?
Dr Wendy Ingram
wendy.ingram@plymouth.ac.uk

# Contact information

### Type(s)
Public

### Contact name
Dr Wendy Ingram

### Contact details
Peninsula Clinical Trials Unit
N16, ITTC Building 1
Plymouth Science Park
Plymouth
United Kingdom
PL6 8BX
+44 1752 315252
wendy.ingram@plymouth.ac.uk

# Additional identifiers

### Clinical Trials Information System (CTIS)
2016-001530-10

### Protocol serial number
33607

# Study information

## Scientific Title
A randomised controlled trial of topical intranasal tranexamic acid versus placebo to reduce the need for nasal packing in patients presenting to the Emergency Department with spontaneous epistaxis

## Acronym
NoPac

## Study objectives
The aim of this study is to investigate the safety and efficacy of TXA in stopping serious nosebleeds, reducing the need for patients to undergo nasal packing and an in-patient hospital stay.

## Ethics approval required
Old ethics approval format

## Ethics approval(s)
South West - Central Bristol Research Ethics Committee, 03/02/2017, ref: 17/SW/0010

## Study design
Randomised; Interventional; Design type: Treatment, Drug

## Primary study design
Interventional

## Study type(s)
Treatment

## Health condition(s) or problem(s) studied
Epistaxis

## Interventions
After written consent has been obtained and eligibility for the study is confirmed, participants will be randomised to receive up to two doses of either topical intranasal TXA or matched placebo. Randomisation will be achieved by means of selection of the next available treatment pack, obtained from a designated, locked cupboard (or other suitable secure location) within the ED at each site. Randomisation packs will be prepared and supplied in advance to participating hospital pharmacy departments by Stockport Pharmaceuticals. Packs will be labelled with a unique number generated by Stockport Pharmaceuticals in conjunction with an independent statistician, using random permuted blocks of variable size to achieve treatment allocation in a 1: 1 ratio. Randomisation will be stratified by site. Participants and research staff are blinded to treatment allocation. The trial treatment and comparator will be presented identically.

Intervention group: Participants receive TXA intra-nasally (topically). The dose of TXA is 2ml (200mg) soaked on a dental roll and inserted into the bleeding nostril for 10 minutes. If this does not control the bleeding, then a second dose of 2ml will be given over 10 minutes (400 mg in total). The trial treatment will be prescribed by a clinician who has been approved to undertake this task on the study delegation log.

Control group: Participants receive a placebo intra-nasally (topically). The placebo is 2ml water for injection (for topical use).

In both groups, the treatment will be given in the Emergency Department (ED) during the ED attendance only. No further treatment will be given after discharge or transfer from the ED. The duration of treatment is likely to be around 30 minutes in total (10 mins per dose, plus time to reassess in between doses).

The research nurse will complete data collection up to the time of discharge or transfer from the ED. She will complete follow-up data collection by examination of the participant's ED and hospital records up to one week from the ED admission. One follow-up phone call will be made to the participant 7 days after admission to collect adverse event and outcome data. There will be no further follow-up after one week.

### Intervention Type
Drug

### Phase
Not Applicable

### Drug/device/biological/vaccine name(s)
Tranexamic acid

### Primary outcome(s)
Use of anterior nasal packing (of any type) for treatment of epistaxis at any time during the ED attendance, as obtained from ED notes.

### Key secondary outcome(s))
The following outcomes will be obtained from the ED records, hospital records and at the 7 day follow-up phone call to the participant:
1. Hospital admission
2. Need for blood transfusion
3. Any further treatment for epistaxis during the index ED attendance
4. Recurrent epistaxis requiring hospital treatment, following trial intervention and within 7 days of the index ED attendance
5. Any thrombotic event requiring any hospital re-attendance within 7 days of the index ED attendance
6. Any further hospital treatments required for epistaxis within 7 days of the index ED attendance, including details of the type of hospital episode
7. Number and nature of any adverse events

### Completion date
30/06/2019

## Eligibility

### Key inclusion criteria
1. Aged 18 or over, any gender
2. Presenting to the ED with spontaneous, atraumatic epistaxis, unresolved with simple first aid and standard initial therapy

### Participant type(s)
Patient

### Healthy volunteers allowed
No

### Age group
Adult

### Lower age limit
18 years

### Sex
All

### Total final enrolment
496

### Key exclusion criteria
1. Clinical evidence of shock, as determined by the treating clinician, or requirement for resuscitation (including but not limited to systolic BP< 90 mmHg).
2. Known allergy to TXA
3. Lacking capacity
4. Unwilling to give consent
5. No telephone or unwilling to be contacted by telephone
6. Known paranasal, nasopharyngeal or nasal cavity malignancy
7. Pregnancy
8. Sent to ED for specialist ENT treatment
9. Already undergone pre-hospital nasal packing
10. Prior participation in the study (i.e. received allocated treatment)
11. Prisoners
12. Epistaxis caused by trauma (excluding simple nose picking)
13. Known haemophilia

### Date of first enrolment
05/05/2017

### Date of final enrolment
31/03/2019

## Locations

### Countries of recruitment
United Kingdom

England

Scotland

**Study participating centre**
**Royal Devon & Exeter Hospital**
Barrack Road
Exeter
United Kingdom
EX2 5DW

**Study participating centre**
**Derriford Hospital**
Derriford Road
Plymouth
United Kingdom
PL6 8DH

**Study participating centre**
**Royal United Hospital**
Combe Park
Bath
United Kingdom
BA1 3NG

**Study participating centre**
**Manchester Royal Infirmary**
Oxford Road
Manchester
United Kingdom
M13 9WL

**Study participating centre**
**Gloucester Royal Hospital**
Great Western Road
Gloucester
United Kingdom
GL1 3NN

**Study participating centre**
**Cheltenham General Hospital**
College Road
Cheltenham
United Kingdom
GL53 7AN

**Study participating centre**
**Southmead Hospital**
Southmead Road
Westbury-on-Trym
Bristol
United Kingdom
BS10 5NB

**Study participating centre**
**North Devon District Hospital**
Raleigh Park
Barnstaple
United Kingdom
EX31 4JB

**Study participating centre**
**Musgrove Park Hospital**
Parkfield Drive
Taunton
United Kingdom
TA1 5DA

**Study participating centre**
**Salford Royal Hospital**
Stott Lane
Salford
United Kingdom
M6 8HD

**Study participating centre**
**Royal Derby Hospital**
51 Little France Crescent
Edinburgh
United Kingdom
EH16 4SA

**Study participating centre**

**Dorset County Hospital**
Williams Avenue
Dorchester
United Kingdom
DT1 2JY

**Study participating centre**
**Royal Cornwall Hospital**
2 Penventinnie Lane
Treliske
Truro
United Kingdom
TR1 3LQ

**Study participating centre**
**Norfolk and Norwich University Hospital**
Colney Lane
Norwich
United Kingdom
NR4 7UY

**Study participating centre**
**Yeovil District Hospital**
Higher Kingston
Yeovil
United Kingdom
BA21 4AT

**Study participating centre**
**St George's Hospital**
Blackshaw Road
London
United Kingdom
SW17 7EH

**Study participating centre**
**St Thomas' Hospital**
Westminster Bridge Road
London
United Kingdom
SE1 7EH

**Study participating centre**
**John Radcliffe Hospital**
Headley Way
Headington
United Kingdom
OX3 9DU

**Study participating centre**
**Royal London Hospital**
Whitechapel Rd
London
United Kingdom
E1 1BB

**Study participating centre**
**Whipps Cross University Hospital**
Leytonstone
London
United Kingdom
E11 1NR

**Study participating centre**
**Epsom Hospital**
Dorking Road
Epsom
United Kingdom
KT18 7EG

**Study participating centre**
**St Helier Hospital**
Wrythe Lane
Carshalton
United Kingdom
SM5 1AA

**Study participating centre**
**Addenbrookes Hospital**
Hills Road

Cambridge
United Kingdom
CB2 0QQ

**Study participating centre**
**Royal Berkshire Hospital**
London Road
Reading
United Kingdom
RG1 5AN

**Study participating centre**
**University Hospitals Coventry and Warwickshire**
Clifford Bridge Road,
Walsgrave
Coventry
United Kingdom
CV2 2DX

# Sponsor information

**Organisation**
Royal Devon and Exeter NHS Foundation Trust

**ROR**
https://ror.org/03085z545

# Funder(s)

**Funder type**
Government

**Funder Name**
National Institute for Health Research

**Alternative Name(s)**
National Institute for Health Research, NIHR Research, NIHRresearch, NIHR - National Institute for Health Research, NIHR (The National Institute for Health and Care Research), NIHR

**Funding Body Type**

Government organisation

### Funding Body Subtype
National government

### Location
United Kingdom

# Results and Publications

### Individual participant data (IPD) sharing plan
IPD sharing statement as of 19/11/2018:
The datasets generated during and/or analysed during the current study will be available upon request from the Sponsor (Royal Devon and Exeter NHS Foundation Trust, email alison.kerridge@nhs.net). The data is likely to be available from January 2020 (after publication of results papers and the final report to the funder). Further information about data sharing will be made available at a later date.

Previous IPD sharing statement:
The current data sharing plans for the current study are unknown and will be made available at a later date.

### IPD sharing plan summary
Data sharing statement to be made available at a later date

### Study outputs

| Output type | Details | Date created | Date added | Peer reviewed? | Patient-facing? |
|---|---|---|---|---|---|
| Results article | | 01/06/2021 | 06/07/2021 | Yes | No |
| Protocol article | protocol | 15/02/2019 | | Yes | No |
| HRA research summary | | | 28/06/2023 | No | No |
| Participant information sheet | Participant consent form version 2.0 | 20/02/2017 | 11/07/2023 | No | Yes |
| Participant information sheet | Participant information sheet | 11/11/2025 | 11/11/2025 | No | Yes |