

## WHAT TO DO IF YOU FEEL DIZZY OR FAINT

### GENERAL ADVICE

From time to time you may feel dizzy or faint. This is not necessarily serious. If these symptoms occur, you should lie down, or if this is not possible, sit down immediately and lower your head. The lower you have your head the better.

The symptoms should disappear within a few minutes and when you feel better you may get up, but do so slowly.

You may find the following helpful to minimise the occurrence of symptoms:

- Take your time when getting up from a sitting or lying position and do not jump straight up
- Drink plenty of fluids during the day, tea and coffee in moderation (no more than five cups daily)
- Keep physically active. Sitting down all day is not helpful
- Support stockings (available in the shops) can be helpful
- Do not miss breakfast
- Avoid large meals. Drink tea or decaffeinated coffee after meals
- Do not stand still for long periods of time. When you need to queue, for example at a supermarket checkout, keep moving your legs or cross your legs whilst in a standing position. This will help blood return to the heart
- Sit, rather than stand, at the kitchen sink (better still, get someone else to do the washing up!)
- Avoid very hot baths or showers. Have your bath or shower water warm rather than hot
- Avoid saunas
- Do not drink alcohol on an empty stomach. Alcohol causes blood vessels to widen which may make you liable to faint. Do not drink more alcohol per day than the recommended national guidelines (a maximum of 3-4 units for men, 2-3 units for women - 1 unit = half a pint of beer, 1 small glass of wine or one measure of spirits)
- One alcohol free day a week is also recommended
- Sleeping with the head of the bed just slightly raised may be of benefit
- Remember you will be more vulnerable to dizzy spells during hot weather.

If your symptoms persists, occur frequently or you are worried by them, please consult your doctor to discuss what tests or treatment may be necessary.

## Information for patients

	<p>KGH is a non-smoking site If you would like to give up ☎ <b>0845 601 3116</b> for help</p>	<p>If you wish to make any comments, or require a copy of this information in another format or language, please ☎ <b>01536 492510</b></p>
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