

## Dizziness (Uncertain Cause)

Dizziness is a common symptom. It may be described as lightheadedness, spinning, or feeling like you are going to faint. Dizziness can have many causes.

Be sure to tell the healthcare provider about:

- All medicines you take, including prescription, over-the-counter, herbs, and supplements
- Any other symptoms you have
- Any health problems you are being treated for
- Any past major health problems you've had, such as a heart attack, balance issues, hearing problems, or blood pressure problems
- Anything that causes the dizziness to get worse or better

Today's exam did not show an exact cause for your dizziness. Other tests may be needed. Follow up with your healthcare provider.

### Home care

- Dizziness that occurs with sudden standing may be a sign of mild dehydration. Drink extra fluids for the next few days.
- If you recently started a new medicine, stopped a medicine, or had the dose of a current medicine changed, talk with the prescribing healthcare provider. Your medicine plan may need adjustment.
- If dizziness lasts more than a few seconds, sit or lie down until it passes. This may help prevent injury in case you pass out. Get up slowly when you feel better.
- Don't drive or use power tools or dangerous equipment until you have had no dizziness for at least 48 hours.

### Follow-up care

Follow up with your healthcare provider for further evaluation within the next 7 days or as advised.

### When to seek medical advice

Call your healthcare provider for any of the following:

- Worsening of symptoms or new symptoms
- Passing out or seizure
- Repeated vomiting
- Headache

- Palpitations (the sense that your heart is fluttering or beating fast or hard)
- Shortness of breath
- Blood in vomit or stool (black or red color)
- Weakness of an arm or leg or 1 side of the face
- Vision or hearing changes
- Trouble walking or speaking
- Chest, arm, neck, back, or jaw pain

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