Vertigo (Labyrinthitis, Dizziness)

You have vertigo. This is the feeling (*sensation*) that you are moving when you are not. If these attacks occur when you are at work, driving, or performing other difficult activities, you may be injured or injure someone else. It may seem as though the world is spinning around or that you are falling to the ground. Because your balance is upset, vertigo can cause you to feel sick to your stomach (*nausea*) and vomiting. Vertigo may be caused by an infection, related to drug toxicity, or simply a rapid change of position such as lying down or rolling over in bed. There are many different causes of Vertigo.

HOME CARE INSTRUCTIONS

- Follow your caregiver's instructions.
- Avoid:
  - Driving.
  - Operating heavy machinery.
  - Performing other tasks that would be dangerous to you or others during an attack.
- Tell your caregiver if you notice that certain medications seem to be causing vertigo. Some of the medications used to treat attacks can actually aggravate them. Be aware of this and report to your caregiver should this occur.
- If the problem you are having is positional, your caregiver may be able to give you instructions for movements and procedures that can help this.

SEEK IMMEDIATE MEDICAL CARE IF:

- Medications do not relieve the attack or are making it worse.
- You develop any of these changes:
  - You develop severe headaches.
  - No relief is obtained for nausea or vomiting or it becomes worse.
  - You develop visual changes.
  - A family member notices behavioral changes.
  - Your condition gets worse.

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