Fainting Episode (Syncope)

Fainting is a sudden, short loss of consciousness. People normally fall to the ground when they faint. Recovery is often fast.

HOME CARE

- Contact your doctor to talk about what happened. **Do not** drive or use machines. Wait until your doctor says it is safe to do so.
- If you or your child has diabetes, check the blood sugar. If it is low (below 70), you or your child needs to drink or eat something sweet. If over 300, call your doctor.
- If you have a blood pressure machine at home, take the blood pressure. If the top number is below 100 or above 170, call your doctor.
- Lie down until you or your child feels normal.
- Drink extra fluids (water, juice, soup).

CAUSES

- Side effect from prescription medicine.
- Getting up too fast.
- Standing too long.
- Low blood sugar with diabetes.
- Pushing too hard (*straining*) when going to the bathroom.
- Arteries becoming hard. Your brain cannot get enough blood.
- Irregular heartbeat and blood flow (*circulatory*) problems.
- Fear, stress, injury, seeing blood, and illness.
- Losing too much fluid (*dehydration*) from sweating, throwing up (*vomiting*), or watery poop (*diarrhea*).

GET HELP RIGHT AWAY IF:

- You or your child faints when sitting or lying down. **Do not drive. Call your local emergency services** (911 in U.S.) if no one is there to help you.
- There is chest pain.
- You or your child feels sick to the stomach (*nauseous*) or keeps throwing up.
- There is very bad belly (*abdominal*) pain.
- You or your child feels the heartbeat is fast or not normal.
- You or your child loses feeling in some part of the body.
- You or your child cannot move the arms or legs.
- You or your child cannot talk well and gets confused.
- You or your child feels weak or cannot see well.
- You or your child gets sweaty and feels lightheaded.

MAKE SURE YOU:

- Understand these instructions.
- Will watch this condition.
- Will get help right away if you or your child is not doing well or gets worse.

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