Dizziness

Dizziness is a common problem with numerous causes. Some of these causes are:

- Middle ear problems.
- Side effects of infections.
- Aging.
- Side effects of medicines.
- Problems with circulation.

You have been examined and no life-threatening reasons were found for the dizziness. None of the problems listed above were found to be a cause that would require further hospital observation. Your caregiver feels it is safe for you to go home and to be observed by a family member or friend. Your caregiver feels nothing that is happening is a danger to you.

HOME CARE INSTRUCTIONS

- Drink enough water and fluids to keep your urine clear or pale yellow. This is especially important in very hot weather. As you grow older, it is also important in cold weather.
- If you are dizzy from medicines, take them as directed. When taking blood pressure medicines, it is especially important to get up slowly.
  - Rise slowly from chairs and steady yourself until you feel okay.
  - In the morning, first sit up on the side of the bed. When this seems okay, stand slowly while holding onto something until you know your balance is fine.
- If you get dizzy from standing still in one place for too long, be sure to move the legs often. Tighten and relax the muscles in the legs while standing.
- If dizziness continues to be a problem, have someone stay with you for a day or two. Do this until you feel you are doing well enough to stay alone. Have that person call your caregiver if he or she notices changes in you that are concerning.

SEEK IMMEDIATE MEDICAL CARE IF:

- Your dizziness or lightheadedness gets worse.
- You feel sick to your stomach (*nauseous*) or throw up (*vomit*).
- You develop problems with talking, walking, weakness, or using the arms, hands, or legs.
- You are not thinking clearly or has difficulty forming sentences. It may take a friend or family member to determine if your thinking is normal.
- You develop chest pain, belly (*abdominal*) pain, or shortness of breath.
- Your vision changes.
- There are side effects from medicine which seem to be getting worse rather than better.

MAKE SURE YOU:

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

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