Near-Syncope

Near-fainting (*near-syncope*) is sudden weakness or dizziness when getting up or while standing. Sudden weakness or dizziness when getting up or while standing can be caused by a drop in blood pressure. This is a common reaction in people taking medicines to control their blood pressure. Fainting usually occurs when the blood pressure or pulse is too low to provide enough blood flow to the brain to keep you conscious. Fainting and near-syncope are not usually due to serious medical problems.

CAUSES

Causes of near-syncope include the following:

- Drop in blood pressure.
- Heat exhaustion.
- Dehydration.
- Internal bleeding.
- Physical pain.
- Emotional distress.
- Heart and circulatory problems.

SYMPTOMS

Near-syncope symptoms include the following:

- Dizziness.
- Feeling sick to your stomach (*nauseous*).
- Body numbness.
- Turning pale.
- Tunnel vision.
- Generalized weakness.

HOME CARE INSTRUCTIONS

- If you or your child feels he or she is going to faint, lie down right away. Wait until all the symptoms have passed. Most of these episodes last only a few minutes. You or your child may feel tired for several hours.
- Drink enough water and fluids to keep the urine clear or pale yellow.
- If you or your child is taking blood pressure or heart medicine, it can help to get up slowly, taking several minutes to sit and then standing. This can reduce dizziness that is caused by a drop in blood pressure.

SEEK IMMEDIATE MEDICAL CARE IF:

- There is a severe headache.
- There is unusual pain in the chest, abdomen, or back.
- There are irregular heartbeats or a very rapid pulse.
- You or your child has repeated fainting, or seizure-like jerking during an episode.
- You or your child is fainting when sitting or lying down.
- You or your child develops confusion.
- You or your child has difficulty walking.
- You or your child has severe weakness.
- You or your child develops vision problems.

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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