DIZZINESS

There are many causes for dizziness. Dizziness often goes away with time and is usually not serious.

Please follow these instructions carefully:

• Do not drive or operate machinery if you are feeling dizzy.

• Rest.

• Drink plenty of fluids.

• Get up slowly after sitting or lying down.

• Take prescribed medications as directed.

• Discontinue certain medications if directed to do so.

Return to the Emergency Department or see your own doctor right away if any problems develop, including the following:

• Headache that is bad or getting worse.

• Stiff neck.

• Confusion, drowsiness or any change in alertness.

• Loss of memory.

• Trouble moving your arms or legs.

• Numbness anywhere in your body.

• Abdominal (belly), back or chest pain.

• Palpitations or flutter in your chest.

• You already have pain and it gets worse, changes location or feels different.

• Fever or shaking chills.

• You keep throwing up or cannot drink liquids.

• You see blood when you throw up or see blood in your bowel movements.

• Your bowel movements become dark or black.

• Bloody, frequent or painful urination ("passing water").

• Heavy vaginal bleeding or discharge.

• Anything else that worries you.

The Emergency Department is open 24 hours a day for any problems