

# 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**