



You came to the emergency department with dizziness. The doctor examined you and did not find a serious cause that needs you to stay in hospital. This sheet explains common causes, how to stay safe at home, and when to come back.

What is it?

Dizziness can mean feeling light-headed or faint, feeling off balance, or feeling that the room is spinning (vertigo). Common causes are not drinking enough, standing up too quickly, a viral illness, inner ear problems, low blood pressure, low blood sugar, anxiety and some medicines. Often it settles within days.

Looking after yourself at home

- Get up slowly. Sit on the edge of the bed for a minute before you stand.
- Sit or lie down straight away if you feel dizzy, to avoid falling.
- Drink plenty of fluids and eat regular meals.
- Avoid alcohol until you feel well.
- Do not drive, climb or use machines until the dizziness has gone.
- Keep your home well lit and free of things you could trip over.

Medicines

- Take any medicine you were given only as your doctor told you or as the packet says.
- Ask your doctor or pharmacist whether any of your usual medicines could be causing the dizziness. Do not stop them yourself.

Follow-up

- See your family doctor or health centre within 1 week if you are not improving.
- See your family doctor sooner if the dizziness keeps coming back.

Come back to the emergency department or call an ambulance straight away if:

- Dizziness with chest pain or shortness of breath
- Weakness, numbness, slurred speech, or trouble walking
- Fainting or repeated falls
- Sudden, severe dizziness that does not improve
- A sudden, severe headache or new double vision



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This leaflet is general information to support the advice your doctor or nurse gave you today. It does not replace their advice. If you are worried, seek medical help.

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