

PATIENT INFORMATION SHEET

SYMPTOM OVERVIEW

DECREASED ALERTNESS, INCREASED DROWSINESS, OR LOSS OF CONSCIOUSNESS



- Experiencing a notable decline in alertness, an overwhelming sense of drowsiness, or episodes of fainting or loss of consciousness.
- These symptoms can occur without warning, making it difficult to react or seek help when they manifest.

WHAT IT MIGHT INDICATE

- Common conditions: These symptoms can be due to various factors including sleep deprivation, medications, alcohol or drug use, or medical conditions like low blood sugar or dehydration.
- They might also indicate more serious health issues such as a concussion, heart conditions, seizures, or a neurological disorder like narcolepsy or brain tumor.
- In some cases, they could signal an emergency condition like a stroke or diabetic coma.
- Please note: This document is not intended for self-diagnosis. Decreased alertness or loss of consciousness is a serious symptom that requires immediate medical evaluation.

IMMEDIATE ACTIONS

- If someone loses consciousness, ensure they're in a safe position, check their airways, and seek immediate medical help.
- For increased drowsiness or decreased alertness, try to identify any potential causes (like medications or lack of sleep) but seek medical advice if the condition persists or worsens.
- If these symptoms are accompanied by confusion, difficulty speaking, weakness, or numbness, particularly on one side of the body, seek emergency medical care immediately.

WHEN TO CONTACT US



- If you have experienced unexplained episodes of loss of consciousness, or consistent periods of decreased alertness or drowsiness, consider contacting us to arrange an online consultation with our specialists after immediate medical needs are addressed.
- If you're seeking further guidance or consultation regarding these symptoms, our service can provide additional support and specialist referrals.
- If these conditions are impacting your quality of life or daily activities, don't hesitate to reach out for expert advice and assistance.

WHAT TO EXPECT DURING OUR ONLINE CONSULTATION

- Our specialist will inquire about your symptoms, medical history, and any medications you're taking.
- You may be asked to describe in detail the circumstances surrounding any episodes of decreased alertness or loss of consciousness.
- Further diagnostic tests (like blood tests, heart monitoring, or imaging) may be recommended based on your symptoms and history.




PREPARATION FOR YOUR APPOINTMENT

- Be ready to discuss in detail the episodes you've experienced and any impact on your daily life.
- Compile a list of all medications and supplements you're taking, including dosages.
- Ensure you're in a quiet, well-lit room with a stable internet connection for the video call.
- Have any questions about your symptoms, potential causes, or treatment options written down and ready to ask.

DISCLAIMER

This information sheet is for educational purposes only and is not a substitute for professional medical advice, diagnosis, or treatment. Always consult your local healthcare provider with any questions or concerns you may have regarding your condition.

CONTACT US

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-  [Book a Free Consultation](#)

