

PATIENT INFORMATION SHEET

SYMPTOM OVERVIEW

UNDERSTANDING YOUR FREQUENT DIZZINESS OR VERTIGO



- Episodes of dizziness, feeling unsteady, or a sensation that you or your surroundings are spinning (vertigo).
- These sensations may be accompanied by nausea, difficulty walking, or a feeling of lightheadedness.

WHAT IT MIGHT INDICATE

- Common conditions: benign paroxysmal positional vertigo (BPPV), Meniere's disease, vestibular neuritis, or labyrinthitis.
- Dizziness can also be a symptom of medication side effects, dehydration, or issues with blood pressure or circulation.
- In rare cases, it could indicate more serious issues like a brain tumor or stroke.
- Please note: This document is not intended for self-diagnosis. Multiple conditions, both benign and serious, can cause dizziness, and a healthcare professional should evaluate persistent or severe symptoms.

IMMEDIATE ACTIONS

- Sit or lie down immediately when feeling dizzy to reduce the risk of falls.
- Use handrails when walking up or down the stairs.
- Stay hydrated and avoid sudden position changes.
- Avoid driving or operating heavy machinery if you're experiencing frequent episodes of dizziness or vertigo.
- Document the occurrences, including duration, accompanying symptoms, and any potential triggers.

WHEN TO CONTACT US



- If your dizziness or vertigo is persistent, worsens, or is accompanied by symptoms like severe headache, chest pain, or shortness of breath, seek immediate medical attention.
- If you're experiencing recurring episodes of dizziness or unexplained balance issues, consider contacting us to arrange an online consultation with our specialists.
- If your symptoms are affecting your quality of life or daily activities, our service can provide guidance and specialist referrals.

WHAT TO EXPECT DURING OUR ONLINE CONSULTATION

- Our specialist will ask about your symptoms, medical history, and any medications you're taking.
- You may be asked to perform simple balance tests during the video call.
- Based on your symptoms and history, further diagnostic tests (like blood tests or imaging) may be recommended.
- If necessary, we can provide referrals to local specialists or facilities for in-person evaluations.




PREPARATION FOR YOUR APPOINTMENT

- Have notes about your symptoms and their impact on your daily life ready to discuss.
- List all medications and supplements you're taking, including dosages.
- Be in a quiet, well-lit room with a stable internet connection for the video call.
- Prepare any questions you have about your symptoms, potential causes, or treatment options.

DISCLAIMER

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

CONTACT US

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