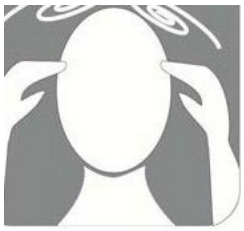
EMERGENCY CARE BC
Provincial Health Services Authority

This material has been reviewed and approved by the patient partners with the Patient Voices Network.

Vertigo

Vertigo is a very common condition. With vertigo you might feel like your head is spinning or whirling, or you might feel like the room is spinning. Vertigo can make it hard to stand or walk and you may feel off balance. It can also make you feel sick to your stomach. (nauseated).



There are a variety of causes for vertigo. Your doctor might arrange for some tests to help find the cause, but this is not always necessary. Once your healthcare team has assessed you clinically, the focus will be on managing your symptoms.

How to Care for Yourself at Home

When you feel unwell:

+ Lie down for a minute or two, or until the feeling goes away.
+ When you lie down, lie down with your head raised up on a pillow. Lying flat on your back can make your vertigo worse.
+ Take slow, deep breaths.
+ Sit up slowly and stay sitting for 1 to 2 minutes before standing.
+ Stand up slowly.
+ Move slowly. When you turn, try to move your whole body and not just your head.
+ Take medication as directed.
+ Epley maneuver

MEDICATION

_____

_____

When to Get Help

⚑ **Go to the nearest Emergency Department** if you are dizzy AND:

+ You have weakness or numbness in one of your arms or legs.
+ You are unable to walk.
+ You are seeing double.
+ You have trouble speaking or you are slurring your words.
+ You have a severe headache.
+ You have a stiff neck.
+ You cannot stop throwing up (vomiting).

See your family doctor if you are experiencing any of the following:

+ Your vertigo does not go away after one week.
+ Your vertigo comes and goes and it is affecting your everyday activities.
+ You notice a change in your hearing.

TO LEARN MORE ASK

+ Your Primary Care Provider.
+ HealthLinkBC - call 8-1-1 (7-1-1 for deaf or hard of hearing) or go online to www.HealthLinkBC.ca.

RECOMMENDED FOLLOW UP

☐ Vestibular physiotherapy
☐ Primary Care provider in ___ days
☐ Other follow up: _____

ADDITIONAL INFORMATION

For your safety, for one (1) week after your symptoms have gone away:

+ DO NOT drive.
+ DO NOT operate large machinery.

The information in this document is intended solely for the person to whom it was given by the health care team. This information does not replace the advice given to you by your health care provider.

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+ DO NOT climb ladders or do other activities involving height.

To prevent falls or other injuries:
+ Keep your home free of tripping hazards like rugs and electrical cords.
+ Use nonslip mats in your bath/ shower.
+ Hold handrails going up or down stairs.
+ Use a walking support such as a cane, walker, or a wall.

*** If you have been advised to try the **Epley Maneuver** (which works for some types of vertigo) – here is a helpful video via QR code:

Reproduced with permission from Fraser Health.
Find this information sheet on the ECBC:
https://emergencycarebc.ca/clinical_resource/vertigo/

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