



# CARE INSTRUCTIONS

KAISER PERMANENTE

## Fainting: After Your Visit

### Your Kaiser Permanente Care Instructions

When you faint, or pass out, you lose consciousness for a short time. A brief drop in blood flow to the brain often causes it. When you fall or lie down, more blood flows to your brain and you regain consciousness.

Emotional stress, pain, or overheating—especially if you have been standing—can make you faint. In these cases, fainting is usually not serious. But fainting can be a sign of a more serious problem. Your doctor may want you to have more tests to rule out other causes.

**Follow-up care is a key part of your treatment and safety.** Be sure to make and go to all appointments, and call your doctor if you are having problems. It's also a good idea to know your test results and keep a list of the medicines you take.

### How can you care for yourself at home?

- Drink plenty of fluids to prevent dehydration. If you have kidney, heart, or liver disease and have to limit fluids, talk with your doctor before you increase your fluid intake. Do not drink too much too fast. It might make you vomit.

### When should you call for help?

**Call 911** anytime you think you may need emergency care. For example, call if:

- You have signs of a stroke. These may include:
  - Sudden numbness, paralysis, or weakness in your face, arm, or leg, especially on only one side of your body.
  - New problems with walking or balance.
  - Sudden vision changes.

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- Drooling or slurred speech.
- New problems speaking or understanding simple statements, or feeling confused.
- A sudden, severe headache that is different from past headaches.
- You have chest pain or pressure. This may occur with:
  - Sweating.
  - Shortness of breath.
  - Nausea or vomiting.
  - Pain that spreads from the chest to the neck, jaw, or one or both shoulders or arms.
  - Dizziness or lightheadedness.
  - A fast or uneven pulse.

After calling 911, chew 1 adult-strength aspirin. Wait for an ambulance. Do not try to drive yourself.

- You passed out (lost consciousness) again.
- You have a seizure.

Watch closely for changes in your health, and be sure to contact your doctor if:

- You do not get better as expected.

### Where can you learn more?

Go to <http://www.kp.org>

Enter A848 in the search box to learn more about "**Fainting: After Your Visit**".

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