Dizziness Treatment

Self-Care at Home

- Dizziness may be a symptom of something dangerous and should always be discussed with a doctor.
- At home, try to do the following:
  - Get plenty to drink, have regular meals, and get plenty of rest.
  - Standing up more slowly may help dizziness associated with position change.
  - Reassurance can help an anxious person who feels dizzy.
  - Make your home safe for a chronically dizzy person.
  - Banisters, a walker or cane, and tub mats provide orientation.
  - Secure rugs and carpeting to avoid falls.
  - A doctor can recommend resources for a professional home-safety consultant visit.

Medical Treatment

Treatment depends on the cause of your dizziness.

- Doctors may start emergency treatment, perhaps for heart attack or stroke, an emergency blood transfusion, or surgery.
- Often, intravenous fluids clear up dehydration.
- You may receive medications to control fever or treat infection.
- You may be given oxygen right away.
- A blood test may show you have low blood sugar as a cause of dizziness.
- Other treatments for a specific disease may be started.
- Sometimes, the only treatment may be a discussion of a likely cause and home safety.

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- Exams and Tests
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