



 Please call 911 if you think you have a medical emergency.

H y p e r v e n t i l a t i o n T r e a t m e n t

S e l f - C a r e a t H o m e

If you have signs and symptoms of hyperventilation syndrome, you should go to a hospital's emergency department to make sure you're not having other, more worrisome, causes of these symptoms. In other words, home care for hyperventilation syndrome is only for people who have been told by their doctors that they have hyperventilation syndrome.

- If you have been diagnosed with hyperventilation syndrome, you may briefly try certain breathing and relaxation exercises that your doctor has already taught you. This may work to stop an attack.
- Breathing into a paper bag is no longer recommended.

M e d i c a l T r e a t m e n t

Once the doctor is sure that your diagnosis is hyperventilation syndrome and not something more serious, the doctor will arrange follow-up care with a psychiatrist or your primary care doctor. These doctors will teach you about the syndrome and what techniques may help control the attacks. Sometimes, usually after talking with your regular doctor, certain medications may be ordered. If your condition gets worse after visiting the emergency department, you should return for a recheck.

more information from eMedicineHealth

- [When to Seek Medical Care](#)
- [Exams and Tests](#)
- [Next Steps](#)
- [Outlook](#)

For more information, read the complete article, Hyperventilation

(<http://www.emedicinehealth.com/script/main/art.asp?articlekey=58903>) on <http://www.emedicinehealth.com>.

WebMD Medical Reference from eMedicineHealth

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This information is not intended to replace the advice of a doctor.

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