



University of North Carolina Wilmington
Abrons Student Health Center

INSTRUCTION SHEET: SYNCOPE (FAINTING)

The Student Health Provider has evaluated and treated you today for fainting, also known as syncope.

The causes of syncope are numerous — some serious, some not. The Student Health Center did not find a serious cause for your fainting episode; the medical provider feels it is safe to send you home.

There are measures you can take to help recover from your fainting episode and prevent repeated episodes.

MEASURES YOU SHOULD TAKE TO HELP TREAT YOUR FAINTING EPISODE:

1. Rest at home. Avoid strenuous exertion for several days. Be careful to avoid activities that could cause harm if you faint again (driving, operating machinery, climbing a ladder).
2. Drink *plenty* of liquids. Dehydration (low fluid inside body) can contribute to fainting.
3. **IF YOU START TO FEEL LIKE YOU MIGHT FAINT AGAIN, SIT OR LIE DOWN AT ONCE!** If you continue to stand or walk, you may hurt yourself (cut, broken bone) if you faint.
4. If you faint again, others should lay you flat on your back (not sitting in a chair). You should not attempt to get up as long as you have any lightheaded feeling.
5. Make a prompt follow-up appointment with your personal/referral doctor or return to the Student Health Center for any ongoing symptoms or concerns.
6. If your overall condition worsens, go to the nearest emergency department for re-evaluation.