



**University of North Carolina Wilmington
Abrons Student Health Center**

INSTRUCTION SHEET: VERTIGO

The Student Health Center has identified your problem as vertigo. Vertigo is the type of dizziness where there is a sense of movement, typically the feeling that you or your environment is moving or spinning. Vertigo has several different causes, most of which are not serious and resolve on their own. The duration of symptoms can be from minutes to hours and in some cases days or even weeks. Symptoms can be constant or episodic.

Although vertigo can be debilitating, most causes are improved with prescription and OTC (over the counter) medications and vertigo passes with time.

The most common symptoms associated with vertigo are nausea, vomiting, and loss of balance. Other possible symptoms include a mild headache, a ringing or rushing noise in the ears, and hearing loss. These symptoms often are provoked or made worse by moving your head, sitting, rolling over, or looking upward.

MEASURES YOU SHOULD TAKE TO HELP TREAT YOUR VERTIGO:

1. Lie still in a comfortable position, often flat on your side. Change positions slowly. In some cases you may need to reduce your salt intake. Try to create a low-noise, low-stress environment
2. If your medical provider recommends OTC medications (meclizine, others), or prescribes medications to help you with your symptoms, it is important to take them as directed. Also be aware that some of these medications cause sedation.
3. Do not drive, work at heights, or operate heavy machinery until the dizziness is gone and you are off any sedating medications.
4. If your symptoms or overall condition worsen, seek medical care promptly. Return to the Student Health Center or go to the nearest emergency department, or Urgent Care facility if you cannot eat, drink or take medication because of vomiting, if your hearing progressively worsens, or if you develop severe headaches, lethargy, fever, ear pain, double vision, speech problems, sudden arm or leg numbness or weakness, weakness of paralysis of facial muscles, or inability to walk normally.