

# Tips for Managing Dizziness

## Things you can do on your own



- Stay hydrated by drinking plenty of fluids (6-8 cups daily)
- When walking, use a cane or walking stick
- Use handrails while using stairs
- Avoid quick or sudden movements
  - Move slowly when standing up, walking, or changing positions

See the Other Resources page for more information

## With the help of your care team



- Your care team may suggest an over-the-counter medication. Confirm with your care team before taking any over-the-counter medications.
- Your care team may also give you a prescription for medicines like Prochlorperazine (Compazine®) or Meclizine (Antivert®)

## When to call your care team for help



- If you are still dizzy after taking an over-the-counter medicines
- If you have trouble speaking
- If you have trouble moving one arm
- If you have facial drooping
- If you are unable to drink fluids
- If you lose consciousness (faint) or feel like you may lose consciousness
- If you have signs of dehydration, including:
  - Feeling weak, dizzy, or lightheaded
  - Having dark yellow or very little urine

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