

# Dizziness - From Sudden or Prolonged Standing

## Definition

- Dizziness is a sensation of light-headedness or feeling faint

## Health Information

### Symptoms

- Feeling dizzy or light headed
- Feeling unsteady with slight loss of balance
- Feeling "woozy" or not thinking clearly
- May also have brief blurring of vision

### Causes

- Dizziness is usually due to reduced blood flow to the brain. It can be triggered by these normal events:
- Standing too long in one place. Reason: causes pooling of blood in the legs.
- Standing up suddenly. Reason: causes sudden drop in blood pressure

### Dizziness Scale

- **Mild:** walks normal
- **Moderate:** interferes with normal activities such as playing, school or sports
- **Severe:** can't stand, needs support to walk, feels like passing out now

## Care Advice

### 1. Overview:

- Standing up quickly is the most common cause of dizziness. This type of dizziness only lasts a short time. Getting out of bed is when it usually happens.
- Prolonged standing in one place is another common cause.
- Not drinking enough fluids or eating enough salt always makes it worse.
- Here is some care advice that should help.

### 2. Standing:

- In the mornings, sit up for a few minutes before you stand up.
- This will help your blood flow stay steady and adjust before you stand up.
- With prolonged standing, contract and relax your leg muscles. Reason: This helps pump the blood back to the heart.
- Sit down or lie down if you feel dizzy.

### 3. Salt:

- Most people with this type of dizziness (due to standing) don't get enough salt.
- Try to eat some salty foods (potato chips or pretzels) every day.

### 4. Fluids:

- Drink several glasses of fruit juice, other clear fluids or water.
- This will improve your child's fluid status and blood sugar.
- If the weather is hot, make sure the fluids are cold.

5. **Rest:**
  - Lie down with feet up for 1 hour.
  - Reason: This will increase blood flow to the brain.
6. **Prevention:**
  - Extra water and salty foods during sports or hot weather
  - Regular mealtimes and snacks
  - Enough sleep and rest
7. **What to Expect:**
  - With treatment, the dizziness usually goes away in 1 to 2 hours.

## Call Your Doctor If

- After 2 hours of rest and fluids, still feels dizzy
- Your child passes out (faints)
- You think your child needs to be seen
- Your child becomes worse

### Pediatric Care Advice

**Author:** Barton Schmitt MD, FAAP

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