



Dizziness and Nausea are Common Problems

Get the best from
your medicines



Veterans' **MATES**

www.veteransmates.net.au

Provided by:

University of South Australia
Quality Use of Medicines and Pharmacy Research Centre

In association with:

Discipline of General Practice, The University of Adelaide
Discipline of Public Health, The University of Adelaide
Repatriation General Hospital, Daw Park
National Prescribing Service
Australian Medicines Handbook
Drug and Therapeutics Information Service



UniSA

Dizziness and nausea are very common problems.

They can mean different things to different people, have many different causes and be difficult to treat.

Side effects of some medicines or combination of medicines, including non-prescription, herbal and natural medicines, are common causes of dizziness and nausea.

Adding another medicine is not necessarily the answer. Sometimes it can cause more problems.

What should I do?

- Talk to your doctor, especially if you are worried your symptoms may cause you to fall.
- Describe your symptoms to your doctor in as much detail as you can – when they occur, what triggers them and what you experience.

This will help your doctor identify the cause of your problem and provide the best treatment.

- If you have started a new medicine recently ask your doctor if it could be contributing to your symptoms.
- Tell your doctor about all medicines you are taking, including medicines from other practitioners, health food shops, supermarkets and pharmacies.



dizziness



nausea

Dizziness

- The word ‘dizziness’ can describe a range of different symptoms such as:
 - light-headedness
 - feeling faint
 - unsteadiness
 - a sense that the room is spinning or moving (also called vertigo)
 - loss of balance
 - giddiness.
- Dizziness can come and go or be an ongoing problem. It may last for a number of weeks or just a few moments.
- Common causes:
 - medicine side effects
 - inner ear problems
 - anxiety
 - medical conditions such as low blood pressure, infection, low blood sugar and some heart problems.
- Dizziness is most likely when a number of causes combine.

Nausea

- Nausea is that unpleasant feeling of sickness or queasiness, or feeling like you might vomit.
- Nausea may happen suddenly and last for a short time, or be an ongoing problem.
- Common causes of short-term nausea:
 - medicine side effects
 - gastroenteritis
 - urinary tract infections
 - alcohol.

- Ongoing (chronic) nausea may be caused by an underlying medical problem such as:
 - reflux or stomach ulcers
 - heart disease
 - kidney problems
 - anxiety or depression.
- If you experience sudden severe nausea which does not settle, see your doctor as soon as possible.

Medicine for dizziness and nausea

Sometimes your doctor may prescribe a medicine to treat your symptoms.

Generally this medicine should be taken for a short time only, because it can cause unwanted side effects.

If you have been using a medicine for dizziness or nausea for some time, it is a good idea to talk to your doctor who may suggest a medicines review.

Talk to your doctor if you have any concerns about the medicines you are taking.