

Vasovagal syncope occurs when your body overreacts to certain triggers, such as the sight of blood or extreme emotional distress. The vasovagal syncope trigger causes a sudden drop in your heart rate and blood pressure. That leads to reduced blood flow to your brain, which results in a brief loss of consciousness.

Vasovagal syncope is usually harmless and requires no treatment. But it's possible you may injure yourself during a vasovagal syncope episode.

Causes:

Common triggers for vasovagal syncope include:

- Standing for long periods of time.
- Heat exposure.
- Extreme emotional distress.
- The sight of blood.
- Having blood drawn.
- Fear of bodily injury.
- Straining, such as to have a bowel movement.
- Digestion problems.

Symptoms:

Before you faint due to vasovagal syncope, you may experience some of the following:

- Skin paleness.
- Lightheadedness.
- Nausea.
- A cold, clammy sweat.
- Yawning.
- Blurred vision.

During a vasovagal syncope episode, bystanders may notice:

- Jerky, abnormal movements.
- A slow, weak pulse.
- Dilated pupils.

Recovery after a vasovagal episode begins soon after fainting, generally in less than a minute.

Treatment

If you feel like you might faint, lie down and lift your legs. This allows gravity to keep blood flowing to your brain. If you can't lie down, sit down and put your head between your knees until you feel better.

Recommendation

Your doctor may recommend specific techniques:

- Decrease the pooling of blood in your legs. These may include foot exercises, wearing compression stockings.
- Increasing salt in your diet.
- Avoid prolonged standing especially in hot, crowded places.
- Drink plenty of fluids.



Vasovagal syncope

For any questions or clarification please call your Doctor
or Emergency Room at 01/372888 extension: 1900

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What you need to know

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