

Tips for Managing Dizziness



Things you can do on your own

- Prevent fluid loss by drinking plenty of fluids (6-8 cups daily).
- When walking, use a cane or walking stick.
- Use handrails while using stairs.
- Move slowly when standing up, walking, or changing positions.



With the help of your care team

Ask your care team if you can take over-the-counter or prescription medications.

- Your care team may 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 medicine
- 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 pass out or feel like you may pass out
- If you have signs of fluid loss, including:
 - Feeling weak, dizzy, or like you will pass out
 - Having dark yellow or very little urine



For more information and support, visit the American Cancer Society website at cancer.org/dizziness or call us at **1-800-227-2345**. We're here when you need us.