



Syncope Discharge Advice (Orthostatic/postural)

Your Care Provider in the Emergency Department today has diagnosed your symptoms as postural, or orthostatic, syncope. They are happy that you are safe to be discharged home. You may have also been referred for further investigations.

What is syncope?

Syncope (also known as fainting or passing out) is a sudden, temporary, loss of consciousness followed by a rapid and complete recovery. Feeling lightheaded or dizzy without loss of consciousness is known as presyncope.

What causes syncope?

Syncope is caused by a reduction in blood supply to the brain. This can be because of a drop in blood pressure or a slow heart rate

In many patients syncope is triggered by simple things such as standing for long periods, or emotional stress, such as the sight of blood or needles. Occasionally people can have syncope shortly after eating. Some medications can predispose you to postural syncope, as can some medical conditions such as Parkinson's Disease or diabetes

What can I do?

- Blood pressure can be low in the mornings and can cause dizziness when getting out of bed or standing. Always sit for 1-2 minutes and exercise your calves by moving your feet up and down before standing in the mornings, or getting out of a chair.

- Try and lie down as soon as warning symptoms are detected
- Keep up a good intake of fluids, especially in warm weather as dehydration can make syncope more likely. Current recommendations suggest a fluid intake of 2 to 3 litres of fluid daily.
- Consider using compression stockings during the day, or for as long as possible. Your GP can advise which stockings may be most beneficial for you
- If your syncope is triggered by eating, try to avoid meals with lots of carbohydrate (e.g. bread, pasta or potatoes)

When should I return to the Emergency Department?

It is important to return to the Emergency Department if you experience collapse or syncope associated with any of the following:

- Exertion or effort
- When lying down
- Headache, chest pain, palpitations or shortness of breath

Further Information

www.stars.org.uk

