

Advice and Medication for Acute Vertigo and Nausea*

During an acute attack, lay down on a firm surface. Stay as motionless as possible, with your eyes open and fixed on a stationary object. Do not try to drink or sip water immediately, as you'd be very likely to vomit. Stay like this until the severe vertigo (spinning) passes, then get up SLOWLY. After the attack subsides, you'll probably feel very tired and need to sleep for several hours.

Medication**

Mild Vertigo and Nausea

Ginger root capsules 550mg bd (especially for constant low-level nausea)

Moderate

Buccastem (prochlorperazine maleate) 3mg bd for 2 days only.

<https://www.medicines.org.uk/emc/product/478/pil>

OR

Cinnarizine 30mg tds for 2 days only.

<https://www.medicines.org.uk/emc/product/2607/smpe>

Severe

Treatment for the acute vertigo: Lorazepam 0.5mg - 1mg orally per attack. It may be given up to 3 times in a day for a couple of days. Please note that sleepiness is a significant side effect. Please modify the dose to a higher-level if exposed previously to benzodiazepines.

<https://www.medicines.org.uk/emc/product/10285>

Treatment for the acute nausea: - Ondansetron 4mg per attack given up to 2 times in a day for a couple of day. There should be caution using this medication when using other medicines which are associated with a risk of prolonging long QT syndrome such as fluconazole, antipsychotics etc.

<https://www.medicines.org.uk/emc/product/2332>

* for all conditions other than BPPV

***Please review the link carefully to be aware of any side effects and adverse interactions/complications*

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