
INFORMATION FOR PATIENTS, PARENTS, GUARDIANS AND CARERS

Fainting in young people



What is a faint?

Fainting is very common. Some young people faint now and then and most grow out of it.

In a simple faint, you feel funny and sometimes **sick, sweaty and dizzy**. Then you can pass out.

You come round again in a few seconds or minutes and are often back to normal in a few minutes. In most cases nothing else happens.

What is the cause?

A faint happens when there is **not enough blood going to the brain**.

For example, this can happen when you stand up quickly after lying or after standing for a long time. Different things can cause a faint. A few things can be acting at the same time. A serious medical problem is very rare.

What can bring on a faint?

- Not eating or drinking for some time
- Standing still for a long time
- Standing up quickly
- Breathing too fast
- Coughing or straining too hard.

What needs to be done?

Try to **avoid things that might bring on a faint**. If you feel like you are going to faint, try:

- To **sit or lie down**
- Or **stay standing and fold your arms and cross your legs**.

This may stop the faint coming on and may also stop you falling. **Wait until you feel better** before trying to carry on.

You **may see a doctor**. This is a good idea if there are lots of faints, they occur without a 'trigger' or happen during or after exercise. In most cases medicine is not given.

If you see somebody faint, let them lie on their side until better. If they stay sitting up or are held up, they could be harmed, so help them lie down.

Useful contact

STARS – the charity for people with blackouts
Unit 6B
Essex House
Cromwell Business Park
Chipping Norton
OX7 5SR

Telephone: 01789 867 503

Email: info@stars.org.uk

Website: <https://hearhythmalliance.org/stars/uk/reflex-syncope-vasovagal-syncope>

Further sources of information

NHS Choices: www.nhs.uk/conditions

Our website: www.sfh-tr.nhs.uk

Patient Experience Team (PET)

PET is available to help with any of your compliments, concerns or complaints, and will ensure a prompt and efficient service.

King's Mill Hospital: 01623 672222

Newark Hospital: 01636 685692

Email: sfh-tr.PET@nhs.net

If you would like this information in an alternative format, for example large print or easy read, or if you need help with communicating with us, for example because you use British Sign Language, please let us know. You can call the Patient Experience Team on 01623 672222 or email sfh-tr.PET@nhs.net.

This document is intended for information purposes only and should not replace advice that your relevant health professional would give you.

External websites may be referred to in specific cases. Any external websites are provided for your information and convenience. We cannot accept responsibility for the information found on them.

If you require a full list of references for this leaflet, please email sfh-tr.patientinformation@nhs.net or telephone 01623 622515, extension 6927.

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