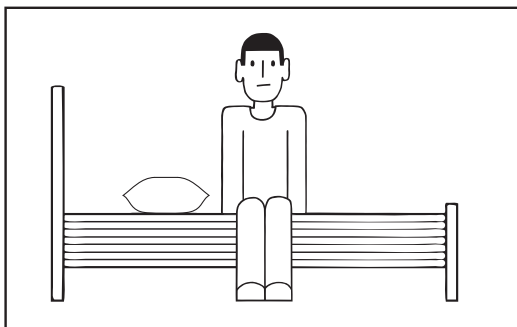


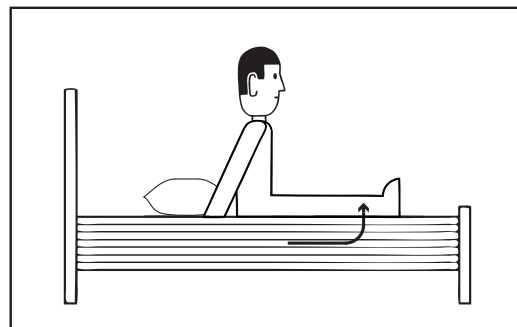
Patient instructions

Benign paroxysmal positional vertigo (BPPV) is caused by crystals collecting in one of the fluid-filled balance canals of the inner ear. This manoeuvre is designed to flush the crystals out of the canal—if you do it once a day, the dizziness usually goes away after a few days. The manoeuvre needs to make you feel dizzy if it's going to work. If you were prescribed drugs for nausea, do not use them for more than 2 days.

Do this manoeuvre once a day, preferably in the morning.



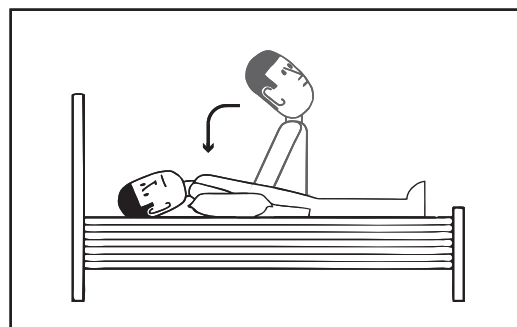
1. Put a pillow a quarter of the way down the bed.
Sit in the middle of the bed.



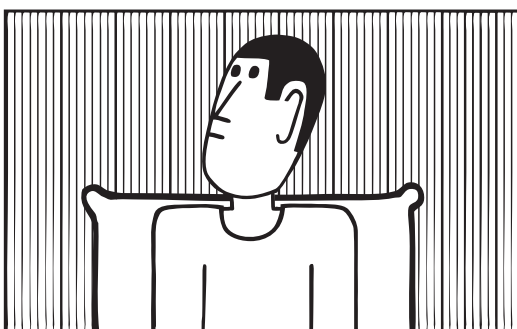
2. Swing your legs up onto the bed so they are straight out in front of you.



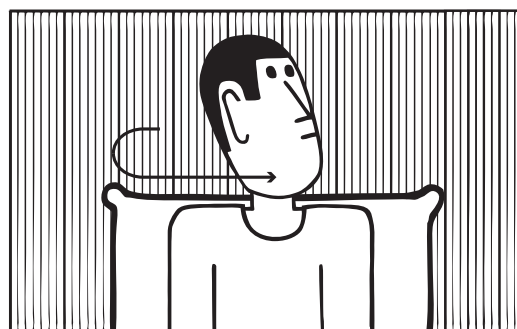
3. Look up and tip your head back slightly, then turn your head 45 degrees to the right.



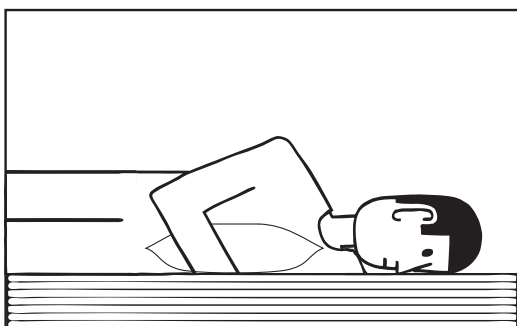
4. Keeping your head in this position, lie down so your head is over the top edge of the pillow (about 30 degrees below horizontal).



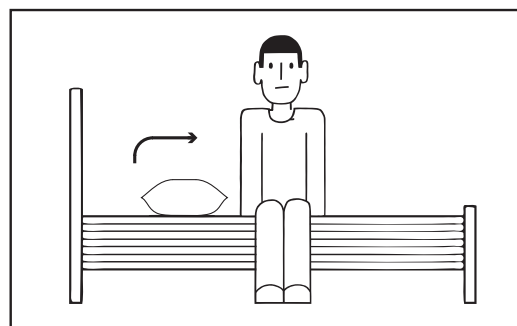
5. Hold this position for 1 minute.



6. Turn your head gently through 90 degrees from the right to the left. Hold this position for 1 minute.



7. Turn your head as far as possible to the left (about 90 degrees), at the same time as you roll onto your left side. Hold this position for 1 minute.



8. Sit up slowly. Don't lie down flat again until bedtime.
You might have mild nausea or dizziness or feel unsteady for a few hours.