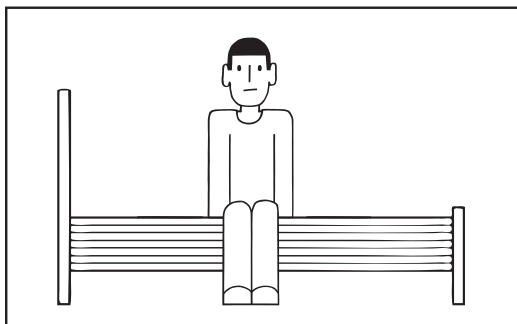


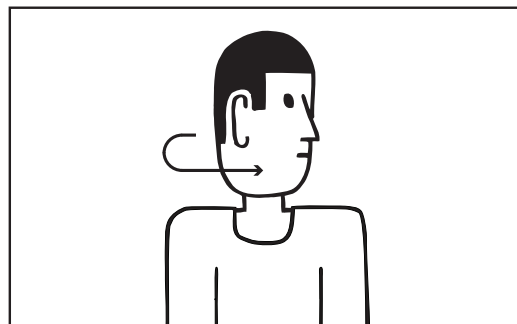
Patient instructions

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.

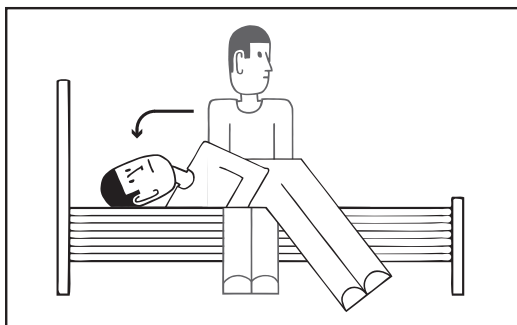
Do this manoeuvre once a day, preferably in the morning.



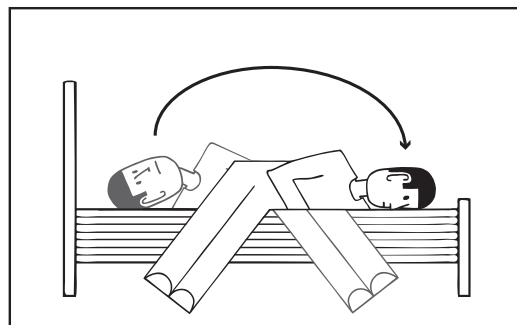
1. Take the pillows off the bed.
Sit on the edge of the bed, in the middle.



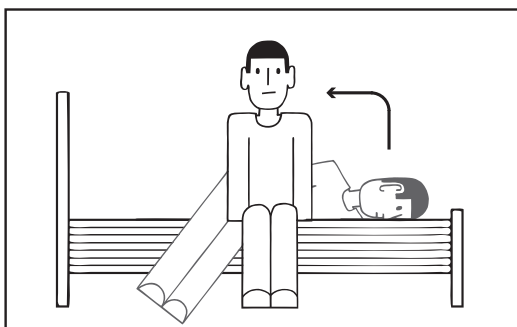
2. Turn your head 45 degrees to the left.



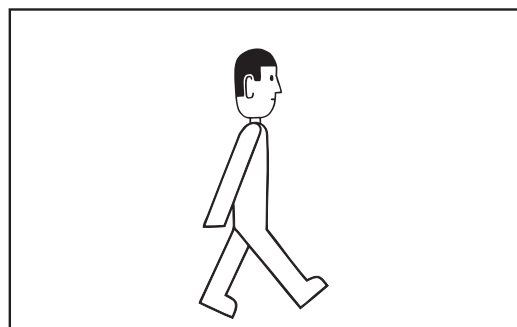
3. Keep your head in this position. Tip over on your right side, so your head is on the bed with your nose pointing slightly upward. Your legs are dangling over the edge of the bed. Hold this position for 1 minute.



4. Keeping your head in the same position, sit up quickly and tip over onto your left side in one continuous movement—your head is on the bed and your nose is pointing slightly downward. Hold this position for 1 minute.



5. Sit up slowly.



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