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Fainting

Also called: Syncope

Fainting is a temporary loss of consciousness. If you're about to faint, you'll feel dizzy, lightheaded, or nauseous. Your field of vision may "white out" or "black out." Your skin may be cold and clammy. You lose muscle control at the same time, and may fall down.

Fainting usually happens when your blood pressure drops [<https://medlineplus.gov/lowlbloodpressure.html>] suddenly, causing a decrease in blood flow to your brain. It is more common in older people. Some causes of fainting include:

- Heat or dehydration
- Emotional distress
- Standing up too quickly
- Certain medicines
- Drop in blood sugar
- Heart problems

When someone faints, make sure that the airway is clear and check for breathing. The person should stay lying down for 10–15 minutes. Most people recover completely. Fainting is usually nothing to worry about, but it can sometimes be a sign of a serious problem. If you faint, it's important to see your health care provider and find out why it happened.

Start Here

- Fainting [<https://familydoctor.org/condition/fainting/?adfree=true>] (American Academy of Family Physicians)
Also in Spanish [<https://es.familydoctor.org/condicion/desmayos-es/?adfree=true>]
- Syncope [<https://www.ninds.nih.gov/health-information/disorders/syncope>]
 (National Institute of Neurological Disorders and Stroke)

Symptoms

- Vasovagal Syncope (Symptoms and Causes) [<https://www.mayoclinic.org/diseases-conditions/vasovagal-syncope/symptoms-causes/syc-20350527?p=1>] (Mayo Foundation for Medical Education and Research)
Also in Spanish [<https://www.mayoclinic.org/es/diseases-conditions/vasovagal-syncope/symptoms-causes/syc-20350527?p=1>]

Diagnosis and Tests

- Tilt Table Test [<https://www.mayoclinic.org/tests-procedures/tilt-table-test/about/pac-20395124?p=1>]
(Mayo Foundation for Medical Education and Research)
Also in Spanish [<https://www.mayoclinic.org/es/tests-procedures/tilt-table-test/about/pac-20395124?p=1>]
- Vasovagal Syncope (Diagnosis and Treatment) [<https://www.mayoclinic.org/diseases-conditions/vasovagal-syncope/diagnosis-treatment/drc-20350531?p=1>] (Mayo Foundation for Medical Education and Research)

Prevention and Risk Factors

- **New!** Common Triggers of Vasovagal Syncope and How to Reduce Your Risk of Fainting [<https://www.health.harvard.edu/diseases-and-conditions/common-triggers-of-vasovagal-syncope-and-how-to-reduce-your-risk-of-fainting>] (Harvard Medical School)

Treatments and Therapies

- Fainting: First Aid [<https://www.mayoclinic.org/first-aid/first-aid-fainting/basics/ART-20056606?p=1>] (Mayo Foundation for Medical Education and Research)
Also in Spanish [<https://www.mayoclinic.org/es/first-aid/first-aid-fainting/basics/art-20056606?p=1>]

Related Issues

- Fainting and Vaccines [<https://www.cdc.gov/vaccine-safety/about/fainting.html>] (Centers for Disease Control and Prevention)
- Syncope (Fainting) [<https://upbeat.org/early-warning-signs/syncope>] (Heart Rhythm Society)

Specifics

- Fainting during Urination (Micturition Syncope): What Causes It? [<https://www.mayoclinic.org/diseases-conditions/vasovagal-syncope/expert-answers/micturition-syncope/FAQ-20058084?p=1>] (Mayo Foundation for Medical Education and Research)
Also in Spanish [<https://www.mayoclinic.org/es/diseases-conditions/vasovagal-syncope/expert-answers/micturition-syncope/faq-20058084?p=1>]

Clinical Trials

- ClinicalTrials.gov: Syncope [<https://clinicaltrials.gov/search?cond=%22Syncope%22&aggFilters=status:not%20rec>]  (National Institutes of Health)
- ClinicalTrials.gov: Syncope, Vasovagal [<https://clinicaltrials.gov/search?cond=%22Syncope,%2Bvasovagal%22&aggFilters=status:not%20rec>]  (National Institutes of Health)

Journal Articles

References and abstracts from MEDLINE/PubMed (National Library of Medicine)

- Article: Detection rate by time period and predictors of serious arrhythmias in... [<https://www.ncbi.nlm.nih.gov/pubmed/40635488>]
- Article: A physician-pharmacist partnership intervention for deprescribing (P3iD) among older adults attending... [<https://www.ncbi.nlm.nih.gov/pubmed/40460375>]
- Article: Prevalence of Sleep Apnea in Patients with Syncope of Unclear Cause:... [<https://www.ncbi.nlm.nih.gov/pubmed/40428845>]
- Fainting -- see more articles [<https://pubmed.ncbi.nlm.nih.gov/?term=%22Syncope%22%5Bmajr%3Anoexp%5D+AND+humans%5Bmh%5D+AND+english%5Bla%5D+AND+%22last+1+Year%22+%5Bedat%5D+NOT+%28letter%5Bpt%5D+OR+case+reports%5Bpt%5D+OR+editorial%5Bpt%5D+OR+comment%5Bpt%5D%29+AND+free+full+text%5Bsb%5D+>]

Find an Expert

- American Heart Association [<https://www.heart.org/en/>]
- National Heart, Lung, and Blood Institute [<https://www.nhlbi.nih.gov/>] 
- National Institute of Neurological Disorders and Stroke [<https://www.ninds.nih.gov/>] 
- UpBeat.org [<https://upbeat.org/>] (Heart Rhythm Society)

Children

- What to Do About Fainting [<https://kidshealth.org/en/parents/fainting-sheet.html>] (Nemours Foundation)
Also in Spanish [<https://kidshealth.org/es/parents/fainting-sheet.html>]

Teenagers

- Dizziness and Fainting in Children and Teens [<https://www.healthychildren.org/English/health-issues/conditions/head-neck-nervous-system/pages/Dizziness-and-Fainting-Spells.aspx>] (American Academy of Pediatrics)
Also in Spanish [<https://www.healthychildren.org/spanish/health-issues/conditions/head-neck-nervous-system/paginas/dizziness-and-fainting-spells.aspx>]
- Fainting [<https://kidshealth.org/en/teens/fainting.html>] (Nemours Foundation)
Also in Spanish [<https://kidshealth.org/es/teens/fainting.html>]

Older Adults

- Fainting (Syncope) [<https://www.healthinaging.org/a-z-topic/fainting-syncope>] (AGS Health in Aging Foundation)

Patient Handouts

- Fainting [<https://medlineplus.gov/ency/article/003092.htm>] (Medical Encyclopedia)
Also in Spanish [<https://medlineplus.gov/spanish/ency/article/003092.htm>]



MEDICAL ENCYCLOPEDIA

Fainting [<https://medlineplus.gov/ency/article/003092.htm>]

Related Health Topics

Autonomic Nervous System Disorders [<https://medlineplus.gov/autonomicnervoussystemdisorders.html>]

Low Blood Pressure [<https://medlineplus.gov/lowbloodpressure.html>]

National Institutes of Health

The primary NIH organization for research on *Fainting* is the National Heart, Lung, and Blood Institute [<http://www.nhlbi.nih.gov/>]

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[\[https://medlineplus.gov/criteria.html\]](https://medlineplus.gov/criteria.html).

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