AI Medical Prescription

# Patient Information

Date: 2025-03-19 01:37:26

## Patient Concerns

Doctor, I am feeling dizzy. What should I do?

# Medical Analysis

Assessment: It sounds like you're experiencing some dizziness, which can be unsettling. I'd like to help you figure out what might be causing it. Have you experienced any other symptoms like nausea, headaches, or blurred vision?  
  
Medications: If you're experiencing severe or frequent dizziness, I recommend speaking with your doctor to rule out any underlying conditions. In the meantime, you can try taking an over-the-counter antihistamine like meclizine to help alleviate the symptoms.  
  
Home Care Recommendations: To help manage your dizziness, try sitting or lying down when you feel symptoms coming on. Avoid standing or walking for a while, and try to avoid heavy meals or strong smells. If you're feeling anxious or stressed, try some relaxation techniques like deep breathing or meditation.  
  
Consultation Advice: If your dizziness persists or worsens, I recommend scheduling an appointment with your doctor to discuss further evaluation and treatment. If you're experiencing severe symptoms like difficulty walking or speaking, please seek immediate medical attention.

This prescription was generated by AI and should be verified by a licensed medical professional.