

Strategy for Needle Related Fainting

Why do I faint?

Fainting is caused by a sudden drop in blood pressure. This occurs when the brain (your control center) does not receive enough fuel (oxygen), and you lose control and awareness for a short period of time.

This drop in blood pressure is called the *vasovagal response*.

Vasovagal syncope: an overreaction to a trigger (like a needle or blood). It is one of the most common causes of fainting.

Warning Signs

- Light headedness (dizziness)
- Changes in vision
- Sweating
- Nausea
- Weakness
- Headache
- Pins and needles



Why do I feel dizzy when I get a needle?



presented



blood pressure & heart rate

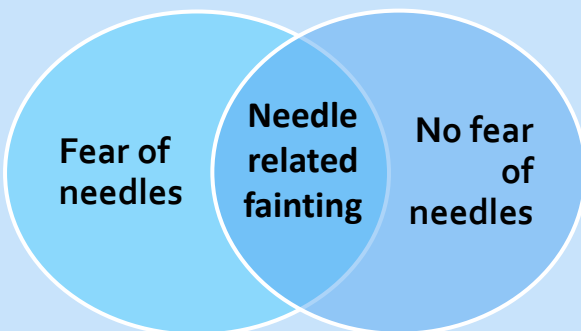


blood pressure & heart rate



feelings of faintness & dizziness

Does fainting mean that I'm afraid of needles?



Not everyone who faints due to needles is afraid of them. Not everyone who is afraid of needles will faint.

Muscle tension:

A technique to help prevent fainting during needles

Muscle tension: alternating between tensing and releasing muscle(s) in the body (e.g., arms, legs, stomach).

Muscle tension increases your blood pressure prior to and during the needle. When the needle is presented, your blood pressure does not drop to a low level, preventing you from fainting.



Helpful Tip:

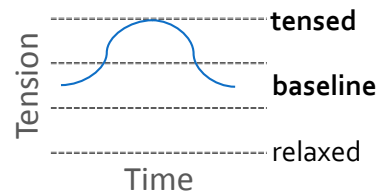
Laying down while getting a needle may also help prevent fainting.

Important:

You should **not fully relax** your muscles after tensing. You are simply returning to baseline.



Remember not to clench or tense the arm receiving the needle.



Who can use this technique?

Muscle tension is a safe technique that **children 7 and older** and adults with a history of fainting can use.

Muscle tension can help anyone who gets dizzy and faints during needles.



Steps

1. Sit comfortably in a chair.
2. Tense or squeeze the muscles in your arms, legs, and torso.
3. Hold until your face feels flushed or you feel a warm sensation in your head (10-15 seconds).
4. Release the tension in your body for 20-30 seconds.
5. Repeat until the procedure is over, or until the feeling of faintness passes.

