

## Transient loss of consciousness

### RFQs

- Was this witnessed by anybody?
- Did you get any warning?
- Were you disorientated afterwards?

### Provide

I'm glad that you brought your partner with you today. It's so helpful to get a good description of what happened. You mentioned that there is no family history of heart rhythm problems, but a rhythm problem is one of the possible causes of what happened. Your blood pressure, sitting and standing, is normal and your heart sounds normal. Because this happened when you had been standing in the heat for a while, and you felt it coming on. I'm pretty sure that this was only a simple faint. It's quite normal to twitch for a few seconds after a faint. It's worth you knowing a bit more about faints and how to avoid them happening. Would you like some more information at this stage?

In answer to your earlier concern: no, you don't need to stop driving. This is extremely unlikely to have been a convulsion.

I would suggest that we do a heart tracing - an ECG - and perhaps a couple of blood tests (consider glucose or FBC).

### Safety net:

However, if you are having more episodes, especially without warning, when you feel disorientated for a while afterwards, then stop driving and let us know urgently.

If you are feeling hot and tired, then avoid working at heights, or with heavy or potentially dangerous machinery, including motor vehicles.