

Patient Information

Benign Paroxysmal Positional Vertigo (BPPV)

Ears, Nose and Throat Department



What causes BPPV?

There are chalk-like crystals that are a normal part of our inner ear. They help the brain to detect body motion and keep us balanced. BPPV is caused by the crystals becoming “unglued” from their normal place. They begin to float around and get stuck in parts of the inner ear where they don't belong. When you move your head in certain ways, like when you lay down in bed, the moving crystals trigger dizziness. The dizziness is very quick, since the dizziness only occurs when the crystals are moving.

The most common symptom is distinct spells of vertigo. This is usually brought on by a position change like lying down, sitting up, looking up, or bending over. You may experience nausea or a sense of feeling unstable. These symptoms will be intense for seconds to minutes.

BPPV can sometimes be associated with a head injury, migraine, other inner ear problems, diabetes, osteoporosis, and lying in bed for long periods of time. It is diagnosed from looking at your history and carrying out positional manoeuvres by your doctor, which may induce vertigo. Occasionally, radiological investigations may be required.

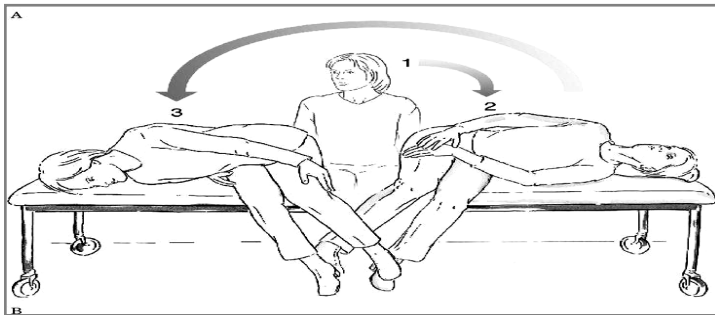
Exercises that you can do at home to help with BPPV

These two exercises help to relocate the loose crystals that cause the dizziness in the first place. The exercises are likely to make you feel dizzy and therefore should be performed in a safe environment, preferably with another person present.

Brandt-Daroff exercise:

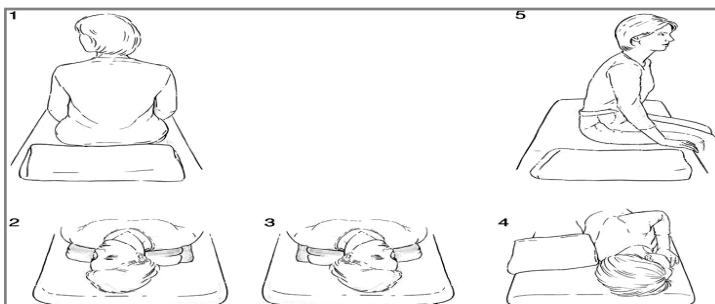
1. Start sitting upright on the edge of the bed.
2. Turn your head 45 degrees to the left, or as far as is comfortable.
3. Lie down on your right side.
4. Remain in this position for 30 seconds or until any dizziness has subsided, then sit up and turn your head back to the centre.
5. Turn your head 45 degrees to the right, or as far as is comfortable. Lie down on your left side.

6. Remain in this position for 30 seconds or until any dizziness has subsided before sitting up again.



Home Epley's exercise:

1. Sit up on your bed with your head turned 45 degrees to the left.
2. Lie down on your back as quickly as you can. Your head should be hanging over the edge of your bed .
3. Turn your head to 45 degrees to the right, keeping your head down and hanging over the edge of your bed. Wait for around a minute, or until your dizziness subsides.
4. Turn to lie on your right-hand side (making sure you do not lift your head up). Then turn your head slightly to the right so you are facing the floor. Wait for around a minute, or until your dizziness subsides.
5. Slowly sit yourself up, tilting your head down to tuck your chin into your chest.
6. Sit for 15 minutes and then repeat steps one to five, once more.



Useful Telephone Numbers

- Switchboard, Lister Hospital
☎ 01438 314333 - ask for ENT Department
- ENT Admission Office (waiting list)
☎ 01438 286836 or 01438 286835

In an emergency, dial 999 and request an ambulance or attend your nearest Emergency Department.

NHS 111 can help if you have an urgent medical problem and you're not sure what to do. It is available 24 hours a day, 7 days a week.

☎ 111

Useful websites and further information:

www.entuk.org

www.nhs.uk

www.enherts-tr.nhs.uk

www.youtube.com/watch?v=Ih72suV2p20

<https://youtu.be/jkfq3EvhbbM>.

<https://cks.nice.org.uk/topics/benign-paroxysmal-positional-vertigo/>

www.enherts-tr.nhs.uk

You can request this information in a different format or another language.

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