

PATIENT INFORMATION – ACUTE HYPERVENTILATION

What is it?

Breathing in excess air, or quick and rapid breathing can cause you to hyperventilate.

Hyperventilation can be a common symptom of a panic attack which can be very frightening.

Common Symptoms are:

- The feeling that you are breathing rapidly but you are unable to breathe
- Feeling dizzy or faint
- Tight chest
- Blurred vision
- Tingling /Numbness in your hands or face
- Cramp or muscle spasm

If you experience another panic attack:

- It is important to slow your breathing down
- Try to remove yourself from a stressful situation and into a calm environment
- Breathing through your nose may help
- Breathe in **slowly** counting up to three and exhaling in the same way. Keep doing this until you are feeling better

ACUTE HYPERVENTILATION CONT

Placing a **paper** bag over your nose and mouth enables you to breathe in the air that you have just exhaled; this air can make you feel better quickly. Remember that it is important to breathe in and out slowly.



If you become unwell or are injured, choose the right NHS service to make sure you get the best treatment. The Choose Well campaign explains what each NHS service does, and when it should be used.

Choosing well means that you and your family will get the best treatment. It also allows busy NHS services to help the people who need them most.

If you are unsure about which option to choose, please call NHS Direct Wales on 0845 46 47 or visit the choose well website at

www.choosewellwales.org.uk

This information has been produced based on previous information leaflets and the evidence available at the time of publication. It has been clinically reviewed however if you notice anything that needs updating or amending please contact

ppi.team@wales.nhs.uk

If you require this information in another language or format please ask a member of staff.

For further advice or information contact NHS Direct Wales 0845 46 47

www.nhsdirect.wales.nhs.uk