

Vertigo is a symptom that describes the feeling of intense spinning of the head. Benign paroxysmal positional vertigo (BPPV), Meniere's, acute vestibular neuronitis and labyrinthitis can all cause the symptom of vertigo.

Meniere's occurs as a result of an increase in fluid within the inner ear. This leads to an increase in pressure resulting in the disruption of hearing and balance. Leading to deafness, tinnitus (ringing in the ears), and repeated attacks of vertigo (dizziness and feeling sick).

BPPV is a spinning sensation that can last only a few minutes and often stops by itself it may occur when you move your head in a certain position.

Acute vestibular neuronitis is the inflammation of the nerve within the inner ear.

Labyrinthitis is the inflammation of the inner ear.

### How can I help my vertigo?

During an acute episode, you may find the following helps with your symptoms:

- Resting in bed
- Having a low salt diet
- A quiet environment where you can rest
- Taking the medication prescribed by your Doctor.
- Avoiding drinking alcohol or caffeine
- Avoiding smoking tobacco

### Follow-up

Any follow up will be through your own family doctor (GP).

If you have any concerns regarding your vertigo please contact your own GP, in the first instance.

### Further Information and advice may be available from:

#### Hutt Valley area

Hutt Valley Tinnitus Association (may offer advice on Meniere's)

Phone: 04 5678036

#### Wellington and Porirua region

Hearing Association Wellington (may offer advice on Meniere's)

Phone: 04 3847017

#### Meniere's Support Group

Postal address: PO Box 19 038, Courtenay Place, Wellington

Phone: 04 384 7017

Email: [menieres.info@nzord.org.nz](mailto:menieres.info@nzord.org.nz)

### Additional comments

---

---

---

---

---

### Contact us

Wellington Hospital Main Outpatient  
Department, ENT Services

Phone: (04) 385 59999 ext. 80400

Hours: Monday to Friday 8am – 4:30pm (excluding public holidays)