

- ⇒ If your condition does not improve or gets worse, please contact the surgery during opening hours on 01948 860205.
- ⇒ If you require information or advice which is non-urgent, you can telephone NHS Direct, a 24 hour advice line, on 0845 46 47.
- ⇒ **OUT-OF-HOURS COVER:** Medical advice is always available for emergencies at night, weekends and all bank holidays. If you require advice urgently, please call 01948 860205. The recorded message will give you the number to call for the GP Out of Hours Service.
- ⇒ **EMERGENCIES:** In the event of a serious problem, such as chest pain or collapse, call 999 immediately.



Laurel Bank Surgery
Malpas
Cheshire SY14 8PS



Phone: 01948 860205
Fax: 01948 860142

**AFTER-CARE ADVICE ON
HYPERVENTILATION
LAUREL BANK SURGERY
MALPAS, CHESHIRE SY14 8PS**



Tel: 01948 860205

Fax: 01948 860142

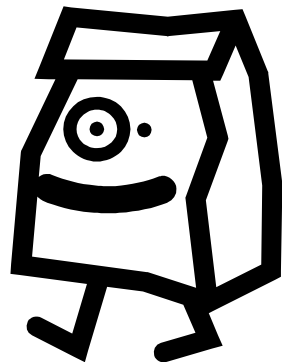


Hyperventilation

Hyperventilation (Rapid Breathing) can occur without warning during moments of anxiety and stress. It is not life threatening. You may experience a feeling of nausea, breathlessness, rapid breathing, pins and needles in fingers and lips or muscle spasm in hands.

The following guidelines will help you if these symptoms re-occur:

- ⇒ Try not to panic
- ⇒ Sit down and try to slow your breathing down



Hyperventilation

- Take a slow breath and hold it for 2 to 4 seconds before breathing out. Try not to breath in for another 2 seconds. Repeat this pattern until breathing returns to a normal 12 to 18 breaths per minute.
- You may also find that re-breathing into a paper bag (not a plastic one) will help your breathing to return to normal. Just hold a paper bag to your mouth and nose and breath the same air in an out for a few minutes.
- You may find it helpful to have a friend with you to talk you through your breathing
- We recommend that you practice these techniques before you need them.