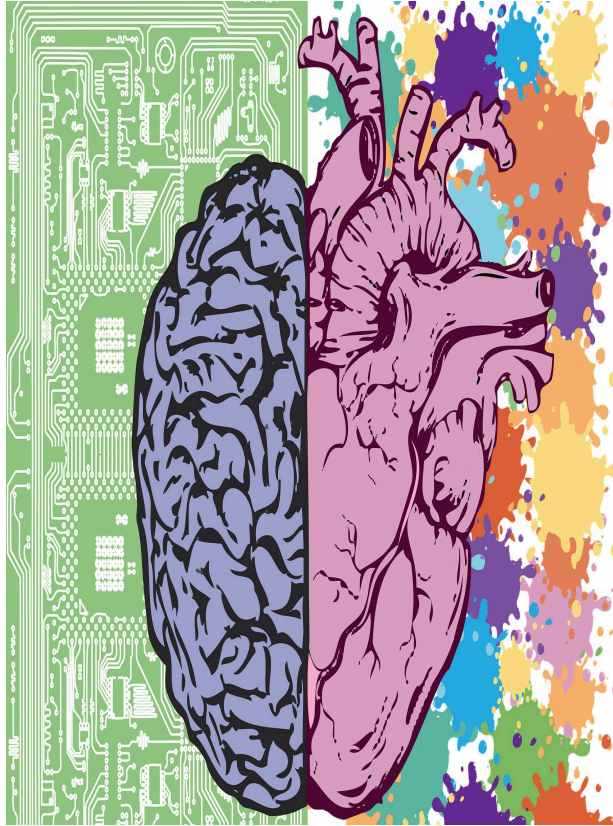


Vasovagal Syncope

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Vasovagal syncope (vay-zoh-VAY-gul SING-kuh-pee) occurs when you faint because your body overreacts to certain triggers, such as the sight of blood or extreme emotional distress. It may also be called neurocardiogenic syncope.

The vasovagal syncope trigger causes your heart rate and blood pressure to drop suddenly. That leads to reduced blood flow to your brain, causing you to briefly lose consciousness.

Symptoms

Before you faint due to vasovagal syncope, you may experience some of the following:

- Pale skin
- Lightheadedness
- Tunnel vision — your field of vision narrows so that you see only what's in front of you
- Nausea
- Feeling warm
- A cold, clammy sweat
- Blurred vision

During a vasovagal syncope episode, bystanders may notice:

- Jerky, abnormal movements
- A slow, weak pulse
- Dilated pupils

Recovery and Causes

Vasovagal syncope occurs when the part of your nervous system that regulates heart rate and blood pressure malfunctions in response to a trigger, such as the sight of blood. Your heart rate slows, and the blood vessels in your legs widen (dilate.) This allows blood to pool in your legs, which lowers your blood pressure. Combined, the drop in blood pressure and slowed heart rate quickly reduce blood flow to your brain, and you faint.

Prevention

You may **not always be able to** avoid a vasovagal syncope episode. If you feel like you might faint, **lie down and lift your legs**. This allows gravity to keep blood flowing to your brain. If you can't lie down, **sit down and put your head between your knees until you feel better**.

Citations

- <https://www.mayoclinic.org/diseases-conditions/vasovagal-syncope/symptoms-causes/syc-20350527>