



Autonomic **DYSREFLEXIA**

- ✓ A fast, major increase in blood pressure — 20-40 mm Hg systolic higher than usual
- ✓ A pounding headache
- ✓ Heavy sweating
- ✓ Goose bumps
- ✓ Flushed or reddened skin



- ✓ Blurry vision or seeing spots
- ✓ A stuffy nose
- ✓ Anxiety or jitters
- ✓ Tightness in your chest, flutters in your heart or chest, or trouble breathing

For further information please call FSCI RC toll-free 1-800-995-8544 or visit our web site at www.flspinalcord.us

Autonomic Dysreflexia Alert Card

If ANY of these signs appear, follow the steps below:

1. Remain sitting or stay upright until blood pressure stabilizes.
2. Ensure urinary drainage by catheterization.
3. If bowel is distended, disimpact after inserting anesthetic jelly or ointment per rectum.
4. Assess for any other possible sources of noxious stimuli or irritant.
5. Hypertension should be treated medically if it persists.
6. For further assistance or in case of medical emergency call 911 immediately.