

Contact Details:

We hope that you have found this information helpful. If you have any questions then please don't hesitate to ask the doctors and nurses looking after you or contact the Older Peoples Medicine Team, 09.00-17.00, Monday to Friday via main switchboard on 01603 286286.

British Geriatrics Society – Dropping Blood Pressure Leaflet
<https://www.bgs.org.uk/sites/default/files/content/attachment/2020-07-06/DroppingBloodPressure.pdf>



We aim to provide the best care for every patient. So, we would like your feedback on the quality of the care you have received from the Hospital.

Please visit: <http://ratenhs.uk/IQu9vx> Or scan QR code:



Patient Information Leaflet Postural Hypotension
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Postural Hypotension



Patient Information Leaflet

This leaflet will provide patients and carers with information on Postural Hypotension to help understand and better control the condition



What is postural hypotension?

Postural hypotension is when your blood pressure drops suddenly on standing causing reduced blood supply to your brain.

Your symptoms could include dizziness, light-headedness, falls, blurred vision, and blackouts and unsteadiness.

How is it diagnosed?

You may have had a history of falling or feeling dizzy which is a good indication of the need for assessment.

Measuring blood pressure whilst lying down and then standing up can detect a drop in blood pressure.

What causes postural hypotension?

There are many reasons why your blood pressure may suddenly drop including:

- Dehydration
- Medication side effects
- Eating a large meal
- Increased age
- Warm environments
- Time of day- blood pressure tends to be lower in the morning
- Poor functioning veins in the legs



How is it treated?

- Medications may be added to your regular prescriptions
- Your existing medications may be altered or discontinued
- You may be asked to pay more attention to your food and fluid intake

How can I manage my symptoms?

You should try to avoid:

- Sitting or standing for prolonged periods of time, particularly in warm weather
- Drinking excessive amounts of alcohol will worsen symptoms
- Sudden motions together with rising from sitting or lying down will make symptoms much worse and could cause a fall
- Additional salt or caffeine is not advised if your resting or lying blood pressure is high
- Avoid very hot baths or showers



Things you can try:

- Drink 1.5 – 2 litres of non-caffeinated fluids in the first few hours of the day (check with your GP first if you are on fluid restrictions)
- Make sure you take your medications as directed
- Get out of bed in stages. Do your leg exercises in bed before getting up. For example, point and flex your feet for a few minutes to get the blood flowing
- Some people can experience a blood pressure drop for an hour or so after eating, its best to eat little and often and limit heavy starchy food

What if I feel light-headed?

- **Stop** what you are doing
- **Sit** down/lie down
- **Drink** a glass of water
- **Think** about what could have triggered your symptoms.



If your GP/Consultant or Clinician are unaware of these symptoms, please do let them know.