

Managing Orthostatic Hypotension

Dealing with symptoms arising from blood pressure drop after standing up

A) Address underlying causes including aggravating factors or causes:

- Avoid dehydration
- Maintain adequate hydration- liberal water (1.5 l/day) and salt in-take unless contraindicated



- Avoid heat
- Avoid alcohol
- Avoid large or heavy meals



B) Utilize preventative measures as soon as symptoms are first noticed such as light-headedness or pre-faint sensation (deliberate tensing of lower limb and abdominal muscles):

- Leg crossing
- Squatting
- Leg muscle or buttock clenching
- Whole body tensing such as heel raises or marching in place



C) Other preventative measures:

- Sleep with head of bed elevated
- Head post should be 10 to 15 cm (4 to 6 inches) elevated



- Drink water in the morning before getting out of bed
 - Drinking a glass of water quickly before getting out of bed in the morning or prolonged standing
- Use of compression stockings and abdominal binders (except for when lying down or overnight)

