Postural hypotension (or orthostatic hypotension) is when your blood pressure drops when you go from lying down to sitting up, or from sitting to standing. This can make you dizzy and more likely to fall.

Are you feeling any of these symptoms: dizziness, light-headedness, blurred vision, or feeling about to faint?

When do symptoms tend to happen?
- When sitting up or standing up too quickly
- When getting out of bed too quickly
- After a large meal or excessive alcohol drinking
- During exercise
- When you are ill or frail

What are some of the causes?
- Taking certain medications for blood pressure, heart, mood and Parkinson’s disease.
- Dehydration due to not drinking enough fluids, vomiting or diarrhoea.
- Prolonged bed rest.
- Certain conditions e.g. diabetes, heart problems, Parkinson’s disease and anaemia.
- Excessive amounts of alcohol.

What you can do
- Tell your doctor about your symptoms.
- Get out of bed slowly. First sit up, then sit on the side of the bed, then stand up.
- Take your time when changing positions, such as when getting up from a chair.
- Have something steady to hold onto when you exercise.
- Exercise gently before getting up (bend your knees and lean backwards and use your hands or arm rests to push off).
- Drink 6-8 glasses of water daily, unless you have been told to limit your fluid intake.
- Avoid standing for long periods.
- Try chewing with your mouth open to recirculate blood.
- Use bedside tools to help you stand up.

Acknowledgement to:
iSOLVE fall prevention partnership project (The University of Sydney, Northern Sydney Medicare Local, Clinical Excellence Commission)
STEADI Tool Kit from Centers for Disease Control and Prevention, United States.
For further information scan this with your smartphone
Email: falls@cec.health.nsw.gov.au
Web: www.cec.health.nsw.gov.au
Clinical Excellence Commission ©2015 Version 1
SHPN: (CEC) 150327 NH 700057