

Resources

[Low blood pressure \(hypotension\) - NHS \(www.nhs.uk\)](http://www.nhs.uk)



St Helens and Knowsley
Teaching Hospitals
NHS Trust

Postural Hypotension

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in alternative languages / formats on request.

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此單張的其他語言/格式版本可按要求提供
Na żądanie ta ulotka może zostać udostępniona
w innych językach/formatach.

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What is Postural Hypotension?

Postural hypotension (also known as orthostatic hypotension) is a drop in blood pressure on standing from a seated or lying position causing a reduced blood supply to the brain. Postural hypotension can cause no symptoms, but might be identified when your lying and standing blood pressure is checked.

Symptoms of postural hypotension

Symptoms can include:

- Dizziness or light headedness on standing
- Unsteadiness
- Blurred vision
- Nausea (feeling sick)
- Blackouts
- It is strongly linked with an increased risk in falling.

Causes of postural hypotension

Postural hypotension can occur at any age, but is more common as you get older. It can be caused by:

- Not drinking enough fluids
- Certain medication
- Prolonged sitting or bed rest
- Prolonged standing
- Overheating or warm environment
- Diabetes
- Heart conditions
- Damage to the nervous system e.g. Parkinsons disease.

How to manage your symptoms

- Ensure you are drinking enough fluids
- Increase your salt intake - only after discussion with your healthcare professional
- Avoid standing up too quickly, especially first thing in a morning
- Avoid sitting for long periods
- Avoid very hot showers and baths
- Avoid alcohol
- Avoid large meals
- Exercise regularly
- Avoid activities which promote straining eg heavy lifting, constipation.

What to do if you feel your symptoms coming on

- Stop what you are doing
- Sit or lie down somewhere safe nearby
- Drink some water
- When your symptoms stop get up slowly
- Think about what started the symptoms and try and avoid in future.

Before you stand up

- Lift heels up and down from the floor at the ankle
- Clench and unclench your hands
- Cross and uncross your legs
- Stretch arms out in front and as high as you can.