

Postural hypotension prevention recommendations:

1. **Hydration** - drink water regularly (only non-caffeinated count as fluid intake) to prevent dehydration and to prevent low blood volume (and low blood pressure!).
2. **Move your legs prior to position changes**, especially large muscle groups (bend legs alternately up/down toward chest, ankle pumps, seated marches or seated kicks (knee extension/flexion)).
3. **Change positions slowly when getting up and hold on to something until you feel steady.**
4. **Pause once sitting and again once standing** to check if dizzy/off balance and shift weight from side to side in standing to "pump blood" (pooled in your legs) before you take off.
5. **Talk to you doctor about your medications**, especially heart medications and diuretics, that can affect your blood pressure.
6. **Ask your doctor's office to take your BP in standing** (instead of just sitting position as is typically done).
7. **Consider wearing compression stockings** during daytime and when upright to prevent blood pooling in lower extremities, especially if you have leg/ankle swelling.