

Dizzy Spells from Low Blood Pressure

When you stand up quickly and get a head rush or dizzy spell, you may have what is called “**postural hypotension**”. Your blood pressure quickly drops and you feel dizzy and light-headed. You may faint or fall down.

Here are 10 ways to control **postural hypotension**:

1. Stand up slowly, in two stages:

To get out of bed:

- a. Sit on the side of the bed with your legs dangling for one minute.
- b. Stand slowly, holding onto the edge of the bed or a stable object for one minute.

To get up after sitting for a while:

- a. Pump your ankles up and down or straighten your knees for a few minutes.
- b. Stand slowly, holding onto a stable object for one minute.

2. Have all your medicines reviewed by your pharmacist or family doctor.

3. Never bend down all the way to the floor.

4. Be aware of the symptoms of low blood pressure are the worst:

- 30 to 60 minutes after a heavy meal. Try eating several small meals
- One to two hours after taking blood pressure medicine
- When you are dehydrated (haven't had enough to drink)
- Right after getting out of bed in the morning. Do things like shaving or blowing your hair dry at least an hour later.

5. Don't do things that make you too hot or thirsty

- Drink lots of fluids, but no drinks with alcohol or caffeine (such as coffee, tea, cola or energy drinks).
- Don't take hot baths. Make sure your bath water is just warm.

6. Don't do things that make you hold your breath or bear down. Don't wear tight belts.

7. Your doctor may say you should wear special waist-high elastic stockings. You will need an order from your doctor for these stockings.

8. Your doctor may say you should raise the head of your bed onto blocks that are 8 to 10 inches high.

9. Stay active every day! Make sure you do light exercises, such as walking or leg strengthening.

10. Losing a lot of weight can make you feel worse. Tell your family doctor.