

Discharge Instructions for Low Blood Pressure (Hypotension)

You have been diagnosed with hypotension. When you have hypotension, your blood pressure is lower than normal. Low blood pressure can make you feel dizzy or faint. This condition is sometimes a side effect of taking medications for high blood pressure (hypertension).

Home Care

- Follow your doctor's instructions.
- Rest in bed and ask for help with daily activities until you feel better.
- Don't drive while your blood pressure is not controlled.
- Be careful when you get up from sitting or lying down.
 - Take your time. Sudden movements can cause dizziness or fainting.
 - When you first sit up after lying down, be sure to sit in bed for 30 seconds or so before getting up to walk.
- Tell your physician about the medications you are taking. Many kinds of medications trigger low blood pressure.
- Limit your alcohol intake to no more than 2 drinks a day.
- Learn to take your own blood pressure. Keep a record of your results. Ask your doctor which readings mean that you need medical attention.
- Tell your family members to call an ambulance and begin CPR if you become unconscious.

Follow-Up

Make a follow-up appointment as directed by our staff.

When to Call Your Doctor

Call your doctor immediately if you have any of the following:

- Dizziness or fainting spells
- Black, maroon, or tarry stools
- Chest pain

- Shortness of breath
- Irregular heartbeat
- Stiff neck
- Severe upper back pain
- Diarrhea or vomiting that doesn't go away
- Inability to eat or drink
- Burning sensation when you urinate
- Urine with a strong, unpleasant odor