

Discharge Instructions for Low Blood Pressure (Hypotension)



You have been diagnosed with low blood pressure (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 certain medicines, including medicines for high blood pressure (hypertension). It can also result from medical conditions such as dehydration. Hypotension has many possible causes. Sometimes the cause is unknown, and you will need follow-up visits and tests.

Home care

These steps can help manage your condition:

- Follow your healthcare provider's instructions. Go to all your follow up appointments.
- Rest in bed and ask for help with daily activities until you feel better. You may need to slowly increase the amount of time you spend sitting or doing light activity.
- 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 up for at least 30 seconds or so before getting up to walk.
 - Place your feet on the floor before standing.
- Tell your healthcare provider about the medicines you are taking. Many kinds of medicines trigger low blood pressure.
- Limit your alcohol intake to no more than 2 drinks a day for men and 1 drink a day for women. Alcohol can dehydrate you even further. It can also interfere with the effectiveness of medicines.
- Prevent dehydration by drinking plenty of fluids, unless otherwise instructed by your healthcare provider.
- Learn to take your own blood pressure. Keep a record of your results. Ask your healthcare provider which readings mean that you need medical attention.
- Tell your family members to call an ambulance if you become unconscious. Ask them to learn CPR.

Follow-up care

Make a follow-up appointment, or as advised.

Call 911

Call 911 right away if you have:

- Chest pain
- Shortness of breath

When to call your healthcare provider

Call your healthcare provider right away if you have any of the following:

- Dizziness or fainting spells
- Black, maroon, or tarry stools
- Irregular heartbeat
- Neck pain or stiffness
- Severe upper back pain
- Diarrhea or vomiting that doesn't go away
- Inability to eat or drink
- Burning sensation when you pee
- Urine with a strong, unpleasant odor
- Fainting with exercise

© 2000-2027 The StayWell Company, LLC. All rights reserved. This information is not intended as a substitute for professional medical care. Always follow your healthcare professional's instructions
This information is not intended as a substitute for professional medical care. Always follow your Healthcare professional's instructions. Copyright Krames LLC.