



Northumbria Healthcare
NHS Foundation Trust

Dizziness or Low Blood Pressure

Issued by the Falls and Syncope Service



This leaflet is to help you manage the symptoms of your condition. Blood pressure tends to be lowest in the morning, and symptoms are likely to be worse then, so take particular care at this time of the day.

Get out of bed in stages:–

- Perform calf flexion, leg and arm exercises, before you sit up in bed (this prevents pooling of the blood in your lower legs). We will show you how to do the exercises.
- Come to a sitting position very slowly, if you feel dizzy, lie down and start bed exercises again.
- After sitting on the side of the bed without dizziness, slowly come to a standing position.

What else can I do to prevent dizziness and low blood pressure?

- Drink 1½ to 2 litres of non-caffeinated fluids in the first few hours of the morning, then sufficient fluids to keep your urine clear for the rest of the day.
- Cross and uncross your legs when sitting for long periods of time and before standing.
- Avoid standing up quickly after stooping or bending.
- Strong tea or coffee may be helpful in keeping blood pressure up (no more than 5 cups a day).
- Avoid excess alcohol, as this exaggerates symptoms. Alcohol dehydrates your body.
- Avoid prolonged sitting or standing, for example in a bus or check-out queue, particularly in warm weather or hot environments, like department stores. If unavoidable, clench and unclench your calf muscles or rock forward on the balls of your feet to encourage blood flow.
- Avoid rigorous exercise after meals.

If these measures prove ineffective, consider:-

- Wearing full length support stockings or abdominal binder during the day.
- “Head up tilt sleeping”, this can be achieved by elevating the head of the bed about 20 - 25cm. To avoid sliding down while sleeping, a hard pillow under the mattress at the level of the buttocks can be used, if you don't have a footboard.

Useful contact numbers

If you need any further information please contact the Tilt Room at:

Wansbeck General Hospital
Woodhorn Lane
Ashington
Northumberland
Direct Line: 01670 529176

Jubilee Day Hospital
North Tyneside General Hospital
Rake Lane
North Shields
Tyne & Wear
Direct Line: 0191 293 4271

You can contact the Tilt Room:
Monday to Friday between 9am and 5pm.

We cannot always answer the telephone when the clinic is on. Please leave a message and we will contact you as soon as we can.

Alternative Formats

If you would like a copy of this information in large print, another language, audio tape or other format please call the Contact Centre on **03 44 811 8118**

Other sources of information

NHS 111

NHS Choices

www.nhs.uk/pages/homepage.aspx

NICE (National Institute for Health and Clinical Excellence)

www.nice.org.uk

Patient Advice and Liaison Service (PALS)

Freephone: **0800 032 0202**

Text: 01670 511098

Email: northoftynepals@nhct.nhs.uk

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General Enquiries **03 44 811 8111**

www.northumbria.nhs.uk

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