Low Blood Pressure
(Hypotension)

Low blood pressure (*hypotension*) means your blood is not pumping hard enough. This can be caused by lack of fluids, heart problems, certain disorders, or taking too much of certain medicines. You may not get enough blood to your brain. You may feel weak, lightheaded, or have a fast heartbeat. You may even pass out (*faint*). Sometimes, people need to stay in the hospital for a while. You might need a change in diet, medicines, or use of support stockings.

HOME CARE

- Drink enough water and fluids to keep your pee clear or pale yellow.
- Use a little more salt on your food if your doctor says it is okay.
- Take your medicines as told.
- Get up slowly after sitting or lying down. This gives your blood pressure time to adjust.
- Wear support stockings if your doctor tells you to.
- Use walkers or canes if your doctor tells you to.
- Talk with your doctor about having a home safety check (*evaluation*).
- **Follow up to get rechecked as told by your doctor.**

GET HELP RIGHT AWAY IF:

- You faint. **DO NOT drive yourself. Call your local emergency services (911 in U.S.).**
- You have chest pain, feel sick to your stomach (*nauseous*), or throw up (*vomit*).
- You lose feeling in part of your body.
- You lose movement in your arms or legs.
- You have trouble speaking.
- You get sweaty or feel lightheaded.

MAKE SURE YOU:

- Understand these instructions.
- Will watch your condition.
- Will get help right away if you are not doing well or get worse.

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