



Drink plenty



Add salt to your food if advised



Eat small meals more often



Avoid constipation



Do not lie completely flat



Do leg exercises



Get up slowly



Wear an abdominal binder



Wear support stockings



Keep cool



Take your medicines on time



**Multiple System Atrophy Trust**



**Multiple System Atrophy Trust**

This summary leaflet should be used with advice from your doctor or nurse.

**Use these contact details to get in touch with us:**

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## Managing blood pressure that drops on standing

This causes dizziness. It is also called Postural Hypotension.



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[www.msatrust.org.uk](http://www.msatrust.org.uk)



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