



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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Revision date: 12/2020
Review date: 12/2023
Version 1.0

Managing blood pressure that drops on standing

This causes dizziness. It is also called Postural Hypotension.

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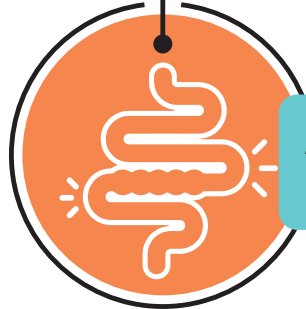
Drink plenty



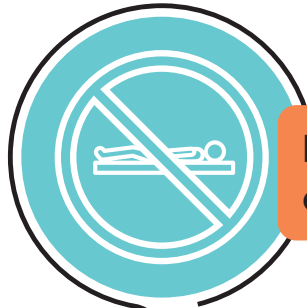
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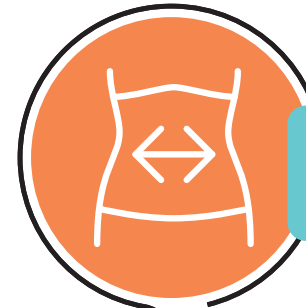
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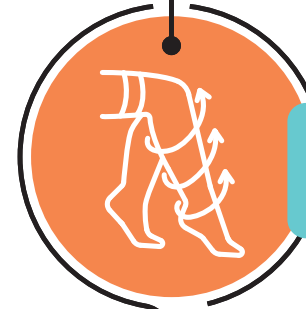
Do leg exercises



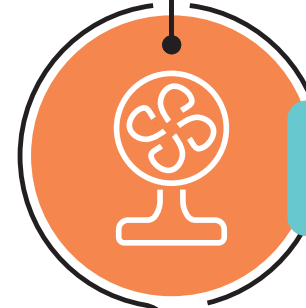
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