



Drink plenty



Add salt to your food if told to



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

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Managing blood pressure that drops when you stand up

This causes dizziness.
It is also called Postural Hypotension.



Patient Information Forum

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