

# LOW BLOOD PRESSURE OR DIZZINESS WORKSHEET

## Diet

- ☐ Increase fluid intake to eight cups per day. Caffeine can help but use in moderation. Sports drinks and salty drinks such as Gatorade or V8 are helpful but may not be safe if you have diabetes, hypertension or heart disease. Check with your doctor before you make any changes.
- ☐ Get in the habit of drinking a full cup of water every time you take a dose of your medicine.
- ☐ Avoid alcohol.
- ☐ Add salt to your diet if approved by your doctor.
- ☐ Eat small meals to avoid blood pressure drops that can occur after large meals.

## Lifestyle

- ☐ Elevate head of bed by 30 degrees by placing blocks under the legs of your bed. Simply adding more pillows may not help.
- ☐ Stand slowly to give your blood pressure time to adjust to a change in position.
- ☐ Compression stockings help keep fluid in your blood vessels and reduce leg swelling.
- ☐ Avoid holding your breath or contracting your stomach muscles excessively when standing.

(continued on back) →

## Treatment

- ☐ Review your medicines with your doctor. Many medicines including your Parkinson's medicines can reduce your blood pressure.
- ☐ Physical therapy can show you isometric exercises such as contracting your leg muscles before you stand. This can help reduce blood pressure drops with standing.
- ☐ Talk to your doctor about medicines to increase blood pressure if other measures are not helpful.
- ☐ If you take medications for high blood pressure, speak to your doctor about whether you still need them.
- ☐ Treat constipation since straining may cause dizziness.

Giroux/Farris

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*Every Victory Counts*