



Procedure for measuring lying and standing blood pressure (BP)

- > Use a manual sphyg if possible
- > Lie down 5 minutes. Take BP 1
- > Stand up. Take BP 2 in 1st min
- > After 3 minutes, take BP 3
- > Record systolic, diastolic pressures and pulse each time it is taken

Continued overleaf >>

A positive result is:

- > a drop in systolic BP of 20 mmHg or more
- > a drop to below 90 mmHg on standing
- > a drop in diastolic BP of 10 mmHg with symptoms

**For more information,
scan the QR code**

