

*Orthostatic hypotension* refers to a sudden drop in blood pressure when you stand up and can cause fainting. It is one of the non-motor symptoms of Parkinson's disease. You can help your doctor better manage your orthostatic hypotension by regularly measuring your blood pressure and recording the results on a daily record. Ask your doctor which of the following methods you should use to share this information with your health care staff:

- calling in your results to a nurse
- mailing it to the clinic
- faxing it to the clinic
- bring it to your next appointment

Measure your blood pressure *once every day*, using the technique described. If possible, measure it daily at the same time of the *afternoon or evening*. Avoid exercise, tobacco, and caffeine for 30 minutes prior to the measurement. Continue to take all medications as prescribed by your doctor. If you take medication to increase your blood pressure, measure your blood pressure 2 hours after taking this medication.

### HOW TO MEASURE YOUR BLOOD PRESSURE

#### Step 1: Apply BP Cuff.

1. Remove all clothing from your left upper arm.
2. Apply BP cuff, following the instructions provided with your BP device.

#### Step 2: Measure your Lying Blood Pressure.

1. Lie down for **5 minutes**. Your legs should not be crossed.
2. Take your lying blood pressure after 5 minutes of rest, following the instructions provided with your BP device.
3. Record this measurement as your lying blood pressure.

#### Step 3: Measure your Standing\* Blood Pressure.

1. After measuring your lying blood pressure, stand up and wait **3 minutes** in this position. Ensure you are safe and that help is nearby in case you become dizzy or weak.
2. Your arm should be supported and not hanging freely at your side. You may use the back of a chair to support your arm.
3. At 3 minutes, take your standing blood pressure as directed in your instruction manual.
4. Record this measurement as your standing blood pressure.