Procedure for measuring lying and standing 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.
Continued opposite >>>

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A positive result is:

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

For further info, visit rcplondon.ac.uk/falls/bp