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

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, visit rcp.ac.uk/falls/bp