




Patient: \_\_\_\_\_ Date: \_\_\_\_\_ Time: \_\_\_\_\_ AM/PM

# Measuring Orthostatic Blood Pressure



1. Have the patient lie down for 5 minutes.
2. Measure blood pressure and pulse rate.
3. Have the patient stand.
4. Repeat blood pressure and pulse rate measurements after standing 1 and 3 minutes.

*A drop in bp of  $\geq 20$  mm Hg, or in diastolic bp of  $\geq 10$  mm Hg, or experiencing lightheadedness or dizziness is considered abnormal.*

Position		Time	BP	Associated Symptoms
Lying Down		5 Minutes	BP _____ / _____ HR _____	
Standing		1 Minute	BP _____ / _____ HR _____	
Standing		3 Minutes	BP _____ / _____ HR _____	

For relevant articles, go to: [www.cdc.gov/injury/STEADI](http://www.cdc.gov/injury/STEADI)



Centers for Disease  
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