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 ≥20 mm Hg, or in diastolic bp of ≥10 mm Hg, or experiencing lightheadedness or dizziness is considered abnormal.

<table>
<thead>
<tr>
<th>Position</th>
<th>Time</th>
<th>BP</th>
<th>Associated Symptoms</th>
</tr>
</thead>
</table>
| 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