

Top tips to prevent faints



Increase fluid intake

Are you managing three pints (1.5-2 litres) of fluid a day? If not, just one extra pint a day can improve low blood pressure.

Warning: If you have heart failure or are taking diuretics (water tablets) and there is a good reason that you are not drinking extra water, talk to your doctor first.



Counter Pressure Manoeuvres

If you sit for long periods of time, cross and uncross your legs before standing. This will help keep blood pressure up and reduce dizziness when you stand.



Exercise

Staying active is really important. Gentle exercise such as walking will help your veins to return blood from the lower body.



Avoid excess carbohydrates

Eat small meals often and avoid meals with large quantities of carbohydrates (bread, pasta, pastry). Low blood pressure can occur after meals when the circulation is needed to assist digestion, which can lead to a drop in blood pressure when standing up.



Review medication

Low blood pressure can be a side-effect of some medications. Once prescribed, medications should be reviewed annually to ensure they are not the cause of problems.



Check blood pressure

Do not forget, if you experience an unexplained faint, make sure that you make an appointment to have your blood pressure checked, both lying down and then over three minutes of standing up.