

# Postural orthostatic tachycardia syndrome

Also called: POTS

Symptoms related to the reduced blood volume that occurs when standing up.

## Rare

Fewer than 200,000 US cases per year



Requires a medical diagnosis



Lab tests or imaging rarely required



Chronic: can last for years or be lifelong

This syndrome is usually triggered when a person stands up after lying down. It most commonly affects women between the ages of 15 and 50.

Symptoms include lightheadedness, fainting, and rapid heartbeat, which are relieved by lying down again.

Adding extra salt to the diet, increasing fluids, and taking medications can help the disorder.

## Ages affected



## Symptoms

### Requires a medical diagnosis

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### People may experience:

**Whole body:** dizziness, fatigue, inability to exercise, lightheadedness, or fainting

**Also common:** fast heart rate, nausea, anxiety, or blurred vision

## Treatments

### Treatment consists of fluids and self care

Adding extra salt to the diet, increasing fluids, and taking medications can help the disorder.

## Self-care

**Staying hydrated:** Drinking water regularly throughout the day to prevent dehydration.

**Physical exercise:** Aerobic activity for 20-30 minutes 5 days a week improves cardiovascular health. If injured, pursuing an activity that avoids the injured muscle group or joint can help maintain physical function while recovering.

**Increase salt intake:** Increases amount of water absorbed, which can help with blood pressure.

**Increased water intake:** Prevents dehydration and may help with blood pressure.

## Supportive care

**IV fluids:** Delivering fluids, medication, or blood directly into a vein.

## Medications

**Blood pressure support:** Helps increase blood pressure when it's too low.

- Midodrine

**Beta blocker:** Slows heart rate and decreases blood pressure. When taken in eye-drop form, it reduces eye pressure.

- Propranolol (Hemangeol, Inderal XL, InnoPran XL, and Inderal LA)

**Steroid:** Modifies or simulates hormone effects, often to reduce inflammation or for tissue growth and repair.

- Fludrocortisone

## Devices

**Compression stockings:** Elastic hosiery that squeeze blood up the legs to prevent swelling and blood clots.

## Specialists

**Cardiologist:** Specializes in heart disorders.

**Neurologist:** Treats nervous system disorders.

**Primary care provider (PCP):** Prevents, diagnoses, and treats diseases.

Consult a doctor for medical advice

Note: The information you see describes what usually happens with a medical condition, but doesn't apply to everyone. This information isn't medical advice, so make sure to contact a healthcare provider if you have a medical problem. If you think you may have a medical emergency, call your doctor or a emergency number immediately.

**Sources:** Mayo Clinic and others. [Learn more](#)