

# MANAGING POTS SYMPTOMS



Just as each individual has a different combination of symptoms, each person has a unique response to treatment options.

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## PREVENTING DIZZINESS, LIGHTHEADEDNESS, FAINTING

- increase the salt intake
- drink, **drink**, drink
- compression hose/gloves
- sit when possible
- avoid bending over
- **elevate** the head of bed
- consider a shower chair



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## DECREASING ABDOMINAL PAIN & NAUSEA

- eat 4-6 **small** meals
  - may alleviate the abdominal pain & increase efficiency of nutrient absorption
- change your **diet**
  - many people have sensitivities to foods they consume daily without realizing it
- try **remedies** for nausea
  - ginger, peppermint, lavender

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## DECREASING PAIN

- ice
- epsom salt bath
- myofascial trigger release
- pursed lip breathing
- be creative!



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Talk with your doctor before making changes to your treatment regimen.

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