

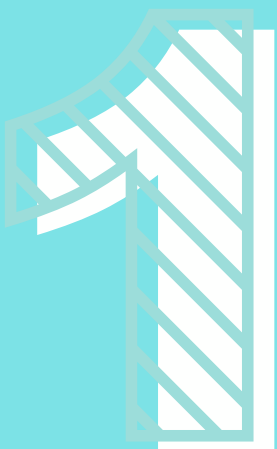
STANDING TEST

Try this test at home to see if POTS might be part of your story.



ALL YOU NEED IS A TIMER

LAYING DOWN



Lay the patient on their back for 5 minutes and be as still as possible.

While still laying down, take their pulse and write it down.

STANDING UP

Have them stand up still for 2 mins without leaning. Take their pulse while standing. You can repeat every 2 mins for up to 10 minutes.



POTS IS INDICATED IF...



The heart rate is greater than 120 beats per minute at any point while standing

ADULTS

An increase in heart rate of 30 bpm or more between laying & standing.

<19

An increase in heart rate of of 40 bpm or more when standing.

IF AFTER THE POOR MAN'S TILT TABLE TEST YOU STILL SUSPECT POTS, PLEASE CONTACT AN AUTONOMIC SPECIALIST.

For more info, visit standinguptopots.org