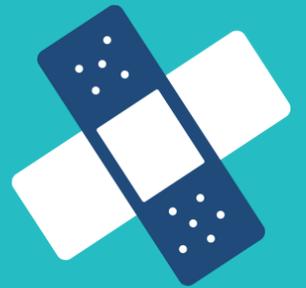


TESTS TO DIAGNOSE POTS



1 TILT TABLE TEST

In this procedure, the patient will be put on a table that can be adjusted from the horizontal position to nearly vertical. During the test, the physician can monitor blood pressure, oxygen, heart rate, and electrical activity of the heart.

2 QSART

Quantitative Sudomotor Autonomic Reflex Testing (QSART) measures the response of the small nerve fibers innervating the sweat glands which are controlled by the autonomic nervous system.

3 THERMOREGULATORY SWEAT TEST

This is a measure of your ability to sweat when stimulated by a warm and humid environment. It assesses the autonomic control of sweating and body temperature regulation.

4 STRESS TEST

The stress test can use a treadmill or a bike to determine how exercise affects a person with POTS. During this test, they measure both your heart via EKG and respiratory system using a respirometer.

5 HAND GRIP TEST

This is exactly what it sounds like: you squeeze a handgrip dynamometer. Those with autonomic dysfunction may show an increase in their diastolic blood pressure as the sympathetic nervous system is activated.

6 VALSALVA MANEUVER

The Valsalva Maneuver requires you to blow into a tube while your heart rate and blood pressure are being recorded. This may show abnormal baroreflex results in those with moderate to severe POTS.

7 HEART MONITORING AT HOME

Wearing a Holter monitor, endless-loop recorder, or event recorder allows physicians to monitor your heart over days or weeks. This highlights symptomatic episodes for a reading by your doctor.

8 CATECHOLAMINE TEST

Often given with the tilt table test, blood will be drawn after the patient has been horizontal and then after standing. In the case of the urine sample, it is an indicator of general levels of catecholamines.

9 24 HR URINARY SODIUM TEST

This can help to determine if your plasma volume is normal. Low sodium in the urine means that the body is retaining salt and water to try to increase blood volume.