



Procedure for Taking Standing Blood Pressure For Postural Orthostatic Tachycardia Syndrome







For most accurate results:

- Lie down for several minutes prior to taking standing blood pressure.
- Measure blood pressure at 1-minute intervals for 3-5 minutes.

Have your physician review your chart and look for these signs for POTS:

- Decrease in BP upon standing (up to 20/10 mmHg)
- Heart rate increase at least 30 bpm with standing.

IMPORTANT: In mild cases of POTS it is necessary to stand for longer periods of time. Patients may need to stand for an hour, but we recognize that is impractical for most physicians. It is important to recognize that for mild cases the heart rate changes may be more pronounced in the morning than later in the day. Early morning testing is recommended.

Laying		15 min.	BP _____ / _____ HR _____ / _____	Associated Symptoms (dizzy, headache, near fainting, nausea, etc.)	
Standing readings taken at 1-minute intervals for 3-5 minutes		1 min.	BP _____ / _____ HR _____ / _____		
		2 min.	BP _____ / _____ HR _____ / _____		
		3 min.	BP _____ / _____ HR _____ / _____		
		4 min.	BP _____ / _____ HR _____ / _____		
		5 min.	BP _____ / _____ HR _____ / _____		

TIMING OF WHEN MEDICATION WAS TAKEN AND DOSAGE TAKEN PERTAINING TO THIS BP/HR READING
(circle one and record any notes)

* Reading was taken before taking medications.

* Reading was taken _____ hours after taking ProAmatine.

* Reading was taken _____ hours after Florinef.

* Reading was taken _____ hours after I felt dizzy, fainting etc.

MEDICATION NOTES: _____