Genetics for the People **MEDICAL INFORMATION CARD**
**CARRIED BY THE PATIENT**

## POTS / Dysautonomia

**A heart rate rise of 30 bpm or more on standing is my baseline, not new instability.**

- Please take lying and standing vitals. Let me lie flat; I may faint if kept upright.
- IV normal saline (1 L) relieves a flare. Oral fluids and salt help if IV is not needed.
- Use with caution: nitrates and other venodilators, diuretics, alpha-blockers, SNRIs, tricyclics, stimulants. They can worsen tachycardia.
- Often travels with hypermobility and mast cell activation. Please ask.

Diagnosed by Dr. _____ Phone _____

Sources: Lei, Chew, Sheldon, Raj. Cleve Clin J Med 2019;86:333. Sheldon et al, HRS consensus, Heart Rhythm 2015. Verify with the treating physician.

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Name _____ DOB _____

Emergency contact _____

Specialist _____ Phone _____

Daily medications _____

Allergies _____

I carry epinephrine ☐ yes ☐ no Other _____

**geneticsforthepeople.com/blog/pots-dysautonomia-why-your-body-forgets-how-to-stand-up/** has the full explanation and references.
Educational template written from a research perspective by Katelin Hubbard, PhD, a scientist, not a physician; it does not diagnose, treat, cure, or prevent disease. The details above were entered by the card holder with their own clinician. Treating clinicians: please verify and use your judgment.


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