

# Postural Orthostatic Tachycardia Syndrome (POTS)

## Symptoms

Postural orthostatic tachycardia syndrome (POTS) is a condition that affects circulation (blood flow).

POTS is a form of orthostatic intolerance, the development of symptoms that come on when standing up from a reclining position, and that may be relieved by sitting or lying back down. The primary symptom of an orthostatic intolerance is lightheadedness, fainting, and an uncomfortable, rapid increase



### What are the symptoms of postural orthostatic tachycardia syndrome (POTS)?

- ☐ High/low blood pressure
- ☐ High/low heart rate; racing heart rate
- ☐ Chest pain
- ☐ Dizziness/lightheadedness especially in standing up, prolonged standing in one position, or long walks
- ☐ Fainting or near-fainting
- ☐ Exhaustion/fatigue
- ☐ Abdominal pain and bloating, nausea
- ☐ Temperature deregulation (hot or cold)
- ☐ Nervous, jittery feeling
- ☐ Forgetfulness and trouble focusing (brain fog)
- ☐ Blurred vision
- ☐ Headaches and body pain/aches (may feel flu-like); neck pain
- ☐ Insomnia and frequent awakenings from sleep, chest pain and racing heart rate during sleep, excessive sweating

- ☐ Shakiness/tremors especially with adrenaline surges
- ☐ Discoloration of feet and hands
- ☐ Exercise intolerance
- ☐ Excessive or lack of sweating
- ☐ Diarrhea and/or constipation

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