

# 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 incre



## 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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