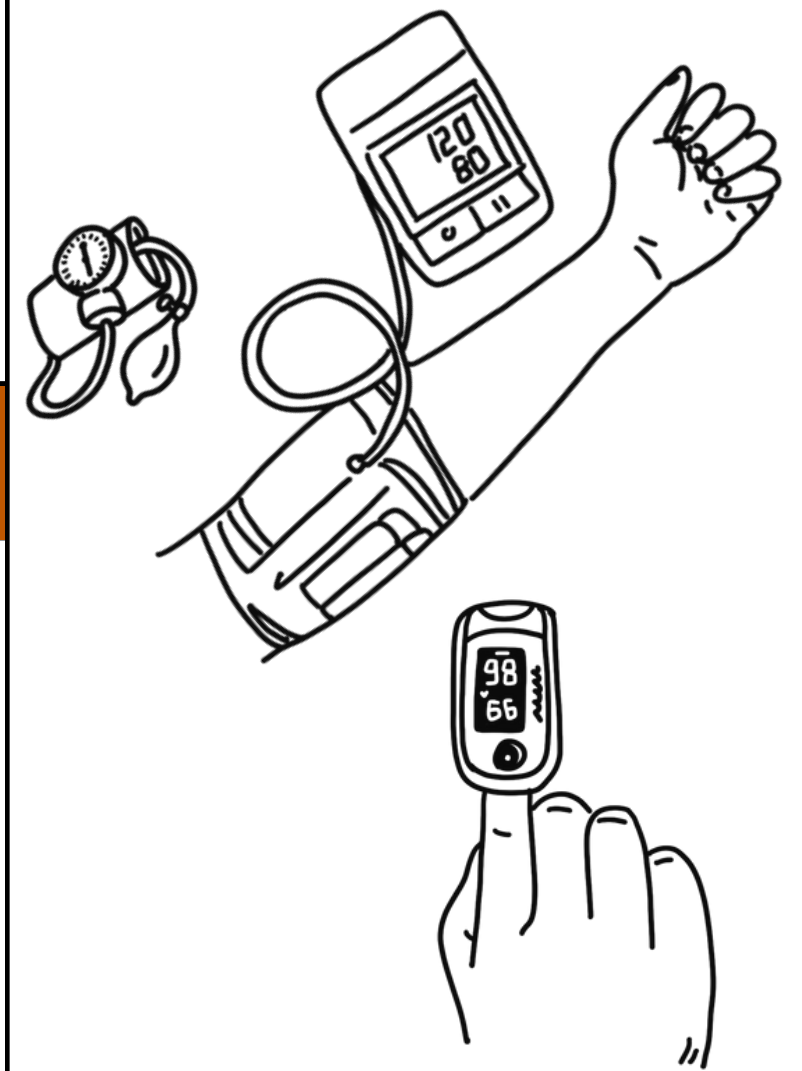


Home Testing for POTS

Orthostatic Vital Signs

Materials Needed

- A blood pressure monitor (wrist or arm monitors are suitable).
- A device that can measure heart rate. (Some electric blood pressure cuffs also measure heart rate. If yours does not, other options include a pulse oximeter or a wearable device such as a FitBit.)
- A place where you can lie down and a wall to lean on.



1. Preparation

- Lie down in a quiet and comfortable area, preferably your bed, for 5 minutes. The test will take a total of 20 minutes.
- The test is only accurate if performed while you are NOT taking any medications that affect your heart rate or blood pressure (e.g., medications for high blood pressure, beta-blockers, stimulant medications, etc.). Speak with your doctor about which medications you may need to pause prior to performing this test or if the test can be performed prior to taking your daily medications.
- Avoid excessive water or salt intake 24 hours prior to performing the test.

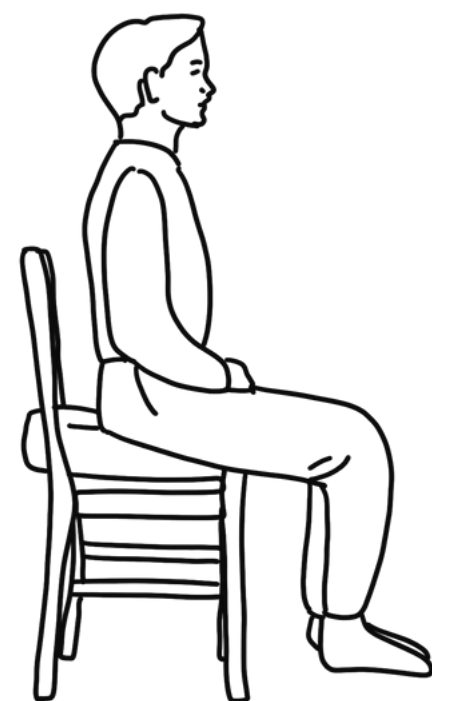
2. Baseline Measurement (Lying Down)

- While lying down, take your baseline measurements after 5 minutes:
 - Measure and record your heart rate (HR) and blood pressure (BP). Write the measurements in the table provided.
 - For example: HR 70, BP 118/70



3. Sitting Measurement (After 5 Minutes)

- After resting in a seated position for 5 minutes, measure and record your HR and BP. Write the measurements in the provided table.



4. Standing Measurement (5 Minutes Using NASA Lean Method)

- Stand up and maintain the **NASA lean position**:
 - Place your back and head against a wall.
 - Keep your feet approximately 6 inches from the wall. Do not place your butt against the wall; Only your head and upper back should be leaning against the wall.
 - Keep your arms relaxed at your sides.
- After 5 minutes in this position, measure and record your HR and BP. Write the measurements in the provided table.



5. Standing Measurement (After 10 Minutes)

- Continue to stand in the NASA lean position for an additional 5 minutes.
- After a total of 10 minutes in this position, measure and record your final HR and BP. Write the measurements in the provided table.
- Record whether you experience any symptoms, such as dizziness, lightheadedness, or palpitations, throughout this test and which position you were in when you experienced the symptoms.

6. Interpreting Results

- An increase in heart rate of 30 beats per minute or more within the first 10 minutes of standing suggests you have POTS.
- A significant drop in BP (decrease in systolic [top number] BP of 20 mm Hg or more) when moving from lying to standing may indicate orthostatic hypotension, which is different than POTS but can also be treated.

7. Record Keeping & Contacting Your Provider:

- We recommend performing this test twice, on a day when you are not experiencing any long COVID symptoms (a good day) and on a day when you are experiencing long COVID symptoms (a bad day).
- Please record the HR and BP measurements, time, and position you were in using the table provided. Please send the readings to your care team through your MyUTHA Portal. We will reach out to you with our interpretation and any necessary next steps.

Table to Record Vital Signs

Position	Measurement	Results Day 1:	Results Day 2:
Laying after 5 min	Heart Rate:		
	Blood Pressure:		
Sitting after 5 min	Heart Rate:		
	Blood Pressure:		
Standing after 5 min	Heart Rate:		
	Blood Pressure:		
Standing after 10 min	Heart Rate:		
	Blood Pressure:		
Symptoms or notes during test:			