



Poor Man's Tilt Table Test

Although a Tilt Table Test is the gold standard for an official diagnosis of POTS, this diagnostic criterion is arbitrary. Instead, a "Poor Man's Tilt Table Test" can give us a feel for your tolerance to vertical posture. This result, in conjunction with your symptoms, will show us patterns to your illness that can guide us in both diagnosis and treatment of the underlying conditions causing POTS.

How to Conduct a Poor Man's Tilt Table Test

1. Lay down for about 5 minutes, with no fidgeting or talking. You must be perfectly relaxed and comfortable.
2. Record your heart rate as a baseline reading.
3. Stand up and hold very still. Do not shift your weight from leg to leg or talk.
4. Record your heart rate after 5 minutes, and again at the 10-minute mark.

	Heart Rate (not blood pressure)
Baseline (after lying down for 5 minutes)	
After 5 minutes standing	
After 10 minutes standing	

POTS Care is the only clinic dedicated to treating the underlying medical causes of POTS – not just the symptoms.

Call our Patient Care Coordinator for treatment options, including remote visits!