

The gold standard for an official diagnosis of Postural Orthostatic Tachycardia Syndrome (POTS) is a tilt table test. A positive diagnosis is made when heart rate increases at least 30 beats per minutes after a ten-minute tilt.



Tilt Table Test

Alternatively, you can conduct a “poor man’s tilt table test” in your home that can give you a feel for your tolerance to vertical posture.

	Heartrate
After 5-10 minutes laying down	
After 5 minutes standing	
After 10 minutes standing	

How to Conduct a Poor Man’s Tilt Table Test

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

Keep in mind

- Have a chair nearby if you need to sit down.
- There is no need to continue to the point of passing out -- stop the test before this happens.

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