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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