



# POTS

What does my body need?

I take 10 mg propranolol at:  
08:00 and  
14:00

## WHAT IS NORMAL/IDEAL FOR ME?

Lying down	60-69 BPM
Sitting	75 BPM
standing/walking around	85 BPM
During light activities	100-110 BPM



**My heartrate is  
higher than normal.**

**Rule these out:**

Did I forget my medication?

Am I hot and do I refuse to  
do anything about it?

Did I recently eat something?

Am I breathing right/having emotions?

Did I overexert myself?

Did I move in the last hour?

Take your meds  
If you still can

No!! Stop that!.

No? Get some food!  
Or sit/lie down to  
digest for a bit

Try to breath slowly &  
sit out your emotions  
with your feet up

Take some time to  
rest preferably lying  
down meditating or  
something similar

Try moving  
a little

**Start here**

**Does drinking  
More water help?**

No

**Does more  
salt help?**

No

Yes

**Do electrolyes/Oral  
Rehydration Salts help?**

No

Yes

Ooof well then I  
dont know man. Try again?

Yes but I'm  
peeing a lot

Yes

