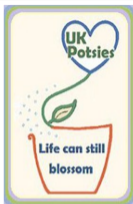


**For more information on  
POTS  
Postural Orthostatic Tachycardia  
Syndrome  
please visit  
our website**

**[www.ukpotsies.org](http://www.ukpotsies.org)**



I suffer from Postural Orthostatic Tachycardia Syndrome (POTS). I may need medical assistance due to possible: low blood pressure, fainting, tachycardia, dehydration and breathing problems. IV fluids can sometimes be useful in temporarily improving my health. I may also suffer with sensitivity to severe temperature change-heat may worsen my symptoms. Please keep me lying in a flat position unless I instruct otherwise and unless advised by a medical professional, avoid giving me any medications that can cause tachycardia or seriously decrease BP.

**My medications:**

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**My doctors are:**

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**Emergency contact:**

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