Physician Name:

Clinic:

Phone:

Fax:

Date:

My patient, XXX, has the following condition(s): XXX. He/She may need to go to the emergency department occasionally for treatment associated with this condition.

**The following emergency department treatment is recommended:**

* I recommend XXX liters of IV saline therapy over XXX hours if the patient presents with the symptoms of hypovolemia, which is relatively common with his/her condition.
* Please check her blood pressure and heart rate every XXX minutes.
* Please check the levels of XXX (iron, thyroid, potassium)
* Other

If you have any questions, please contact me at XXX. Thank you in advance for your consideration.

XXX

POTS Background:

Postural Orthostatic Tachycardia Syndrome (POTS), like all dysautonomias, is characterized by dysfunction of the autonomic nervous system which many physiological functions including blood pressure, heart rate, blood vessel and pupil diameter, peristaltic movements of the digestive tract, and body temperature. One of the hallmark symptoms of POTS is orthostatic intolerance. The shortage of blood in the brain upon standing can result in dizziness, light-headedness, and possibly fainting. While anyone can develop POTS, approximately 75% of those diagnosed are women between the ages of 15 and 50. POTS can be triggered by a variety of life stressors including pregnancy, major surgery, trauma, or a viral infection like mononucleosis or Lyme disease.

Intravenous saline is used to treat significantly low blood volume, which can be a problem for some people with POTS. For some with POTS, their blood levels can drop low enough to result in hypovolemic shock, which can often be reversed with 1-2 liters of saline.