



SANTA MARIA MEDICINE

SALINE THERAPY GUIDELINES AND PROCEDURE IN POTS

How does IV Saline Therapy improve POTS Symptoms?

By using one liter of IV saline we safely expand the circulating blood volume without affecting the sodium and chloride (“electrolyte”) concentrations. The circulating blood volume of a normal sized individual is approximately 5 liters so we are increasing it by about 20%. This can significantly help with supporting upright blood pressure and slowing the reflex tachycardia.

Due to gastroparesis and malabsorption associated with dysautonomia, many patients experience a **Vitamin B deficiency** and greatly benefit from a dose of liquid Vitamin B complex injected into their saline solution. Patients have reported that IV therapy has lessened their fatigued, improved gastric motility, migraines, joint pain, can often assist with calming tachycardia.

How should IV Saline Therapy Be Administered?

-Preventively: When a patient is already dehydrated and experiencing a full flare, it can often take more assistance to help their bodies return to normal. This may include pain or nausea medication, several units of saline, and rest. IV Saline Therapy is most effective when given on a regular basis, often patients may need an IV once or twice a week.

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WHAT IS POTS?

Postural - Dependent on posture.

Orthostatic- Referring to the upright or vertical.

Tachycardia- Accelerated heart rate (fast heartbeat.)
Syndrome.

Other symptoms can include

Lightheadedness	Disorientation
Exercise intolerance	Joint/Muscle Pain
Chest pain	Headaches/Migraines
Syncope	Blood pooling

POTS is an acronym which refers to a syndrome characterized by an increase in heart rate by 20-30 beats per minute or more when the person stands up. This fast heart rate is abnormal and can lead to dizziness, weakness or even fainting.

The normal person will respond to standing up with NO noticeable change in heart rate. The heart and blood vessel system has an automatic compensation system which seems to fail for some unknown reason in the person who develops POTS.

The increase in heart rate can be associated with a drop in blood pressure, no change in blood pressure or an increase in blood pressure, depending on the patient.