

10-Minute Stand Test Instructions

For patients with Postural Orthostatic Tachycardia Syndrome (POTS) symptoms

Purpose

This test helps measure how your **heart rate (HR)** and **blood pressure (BP)** respond when you move from lying down to standing. The results help your healthcare provider assess if you may have POTS or orthostatic hypotension.

Before You Begin:

- Do the test in the morning (AM) if possible, before caffeine or a large meal.
- Do not complete the test within 2 hours of vigorous exercise.
- Have a family member or friend with you to help keep time, record results, and physically support you if necessary.
- Choose a quiet, safe area where you can stand still for 10 minutes.
- Wear comfortable, loose clothing.

What You'll Need:

- Timer (phone or watch)
- HR monitor (optional)
- Automatic BP monitor (optional)
- Recording sheet for HR and BP (see page 3)

Screening Test Notice

You may complete the first test using HR only if you do not have a BP monitor. However, you will eventually need a BP reading to fully assess for POTS or orthostatic hypotension.

If you do NOT have a BP monitor, skip the BP portion (Option 2 below) for now. You may:

- Ask your primary care provider to complete the test (bring this handout with you).
- Borrow a BP monitor from family, friends, or local library.
- Purchase a BP monitor (for recommended BP devices, visit: www.hypertension.ca/devices).
- Complete the test with just the HR (Option 1 below) for now and discuss options with your PCRC provider.

Heart Rate (HR) Test and Blood Pressure (BP) Test Instructions

Option 1: HR Test (If you do not have a BP monitor)

1. Lie down flat for at least 5 minutes.
2. Take and record your HR while lying down. Use an HR monitor if you have one or take your pulse at your wrist.
3. Stand up carefully beside your bed and remain still (no leaning or moving).
4. Record your HR at 0, 1, 3, 5 and 10 minutes while standing (see recording sheet on page 3).
5. Note any new/increased symptoms (dizziness, light-headedness, faintness). If you feel unsteady or like you might faint, stop immediately, lie down and follow-up with your primary care provider.

Option 2: HR & BP Test (Only if you have a BP Monitor)

1. Follow all the steps in Option 1 (HR Test).
2. In addition, record your BP at the same time points.
 - Lying (after 5 minutes) then
 - Standing at 0,1,3,5 and 10 minutes (see recording sheet on page 3).
3. If your BP monitor also measures HR, you may use those readings for HR values.



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After the Test:

- **If you are currently a patient of the Post-COVID Recovery Clinic (PCRC) in British Columbia (BC):** Submit your completed results to PCRC by fax or email. PCRC will review your results and follow-up with you regarding next steps. By submitting your results, you consent to PCRC sharing this information with your primary care provider to support your care.
- **If you live in BC but are not currently a PCRC patient:** Do not submit results directly to PCRC. Please review your results with your primary care provider, who can assess your symptoms and advise on appropriate next steps or referrals.
- **If you live outside BC:** Please do not submit your results to PCRC. PCRC is a BC-based clinic and cannot review test results or provide follow-up care for people outside BC. Please share your results with your local primary care provider or healthcare team.

How to Interpret Your Results

These results help guide next steps but do not replace clinical assessment.

Results may be considered **consistent with POTS** if:

- Heart rate (HR) increases by ≥ 30 beats per minute within 10 minutes of standing (≥ 40 beats per minute if age 18-19) and/or

Further assessment is recommended if:

- You experience significant symptoms with standing (e.g. dizziness, light-headedness, palpitations, weakness), even if HR criteria are not met.

Results are **not consistent with POTS** if:

- Blood pressure drops by ≥ 20 mmHg systolic or ≥ 10 mmHg diastolic when standing. This may suggest orthostatic hypotension and requires assessment by your primary care provider.

Results may be considered **negative** if:

- No significant change in HR or BP and
- No symptoms occur with standing.

Note: Some people may need to repeat the test with both HR and BP measurements to fully assess results.

Tips & Challenges

Questions/Challenge	Answers
I can't get a BP reading. What do I do?	Wait 30 seconds and retry. Ensure cuff is snug on bare upper arm.
My device shows an error.	Check batteries or arm position. Sit quietly and retry.
I'm feeling unsteady or like I am going to faint.	Stop the test. Sit or lie down, note symptoms/time and follow-up with your primary care provider.

Recording Sheet for 10-Minute Stand Test

Date Test Completed:	
Time Test Completed:	
Name:	
PHN:	

Position	Time Interval	Heart Rate	Blood Pressure	Symptoms/Notes
Laying down/supine	For 5 minutes			
Standing	At 0 minutes			
Standing	For 1 minute			
Standing	For 3 minutes			
Standing	For 5 minutes			
Standing	For 10 minutes			

Did you take your prescription medications before the test? Yes No

If "yes", which medications did you take:

Medication Name	Dose	Frequency	Notes

PCRC Contact Information – for current PCRC patients only:

Fax: 604-806-8809 | Phone: 604-682-2344 ext. 64017

Email: postcovidtriage@phsa.ca



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