

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: <https://hypertension.ca/public/recommended-devices>).
- Complete the test with just the HR (Option 1 below) for now and discuss options with your PCRC provider.

Heart Rate(HR)TestandBloodPressure(BP)TestInstructions

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. Repeat the same test and record your BP at all the same time points. Lying (after 5 minutes) then Standing at 0,1,3,5 and 10 minutes (see recording sheet on page 3).
2. If your BP monitor also measures HR, you may use those values for HR recordings.



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After the Test:

- Review your results and share them with your primary care provider.
 - If you do not have a BP Monitor, ask your primary care provider to complete the test with BP measurement.
- Enter your results into Thrive or fax or email this page to Post-COVID-19 Recovery Clinic (PCRC).
- If the test was done at a doctor's office, they may fax or email the results directly to PCRC.
- PCRC will follow-up with you once results are received.

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:	
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:

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