

Medication: Salt (sodium chloride) for POTS (Postural Orthostatic Tachycardia Syndrome)

For:

- POTS – dizziness and fast heart rate

Watch for:

- Swelling (edema)
- High blood pressure

Benefit:

- Usually takes a week or so to notice a benefit

Stopping:

- No problems when stopping

Dosing Schedule:

- Start with a generous $\frac{1}{4}$ tsp of salt in 1 cup (250 mL) of water 4 times a day
- Be liberal with your salt intake during meals (i.e., use a lot)
- Some patients may do well with a smaller dose
 - $\frac{1}{4}$ tsp twice a day
- Only a small percentage of patients need more

Tips:

- 1 heaping tsp of salt (i.e., $\frac{1}{4}$ tsp 4 times a day) is about the same as 9 g of table salt
- 9 g of salt in 1 L of water is the same as you would get in one bag of “normal saline” by IV in the hospital
- Note: 9 g of salt is not the same as 9 g of sodium (Na) – the weight also includes the chloride (Cl)
 - There is about 400 mg of sodium in 1 gram of table salt
- If you don't like the taste of the salt water, here are some alternatives:
 - Buy large “rock” salt and measure 9 grams; take this like pills over the course of the day
 - Make your own capsules – it's cheap and easy to do
 - There is not quite 1 g in a capsule
- Prescription salt tablets are too expensive
 - About \$1 per tablet (or \$9 per day!)

Over the counter and herbal interactions:

- None