

### Medication: Propranolol (Inderal) 10 mg for POTS (Postural Orthostatic Tachycardia Syndrome)

#### What is propranolol:

Propranolol is a type of medication known as a “beta-blocker:” blocks adrenaline and related chemicals which can be used for Postural Orthostatic Tachycardia Syndrome (POTS) by reducing the heart rate. It is also helpful for migraine prevention but sometimes the dose used for POTS is not enough for migraines, and higher doses may make POTS patients dizzy. Propranolol is also helpful with the physical effects of anxiety.

#### Expected benefit:

- Usually takes a day or two to notice a benefit once you are on the optimal dose

#### Watch for possible side effects:

This list of side effects is important for you to be aware of however, it is also important to remember that not all side effects happen to everyone.

If you have problems with these side effects talk with your doctor or pharmacist:

- Dizziness
- Low heart rate
- Low blood pressure
- Fatigue
- Low mood

#### Stopping the medication:

This medication should not be stopped abruptly if being used regularly or at higher doses. Your doctor may advise you to reduce the dose slowly.

#### How to use this medication:

- Take this medication with or without food

#### Dosing Schedule:

- Start with 10 mg as a “test” dose to ensure you do not experience dizziness
- Then start 10 mg 3 – 4 times a day
- In some cases, it can be used as needed rather than regularly
- You can increase the dose to 20 mg 3 – 4 times a day if needed

#### Drugs and Foods to Avoid:

Ask your doctor or pharmacist before using any other medication, including non-prescription medication (over-the-counter medication) and herbal products.

Please contact the Complex Chronic Diseases Program if you have further questions about your medications.