Genetics for the People

MEDICAL INFORMATION CARD
CARRIED BY THE PATIENT

POTS + MCAS + Hypermobility

These three travel together. The short version of all three cards:

- Standing heart rate rise is my baseline. Lying and standing vitals; let me lie flat; IV saline helps a flare.
- Flushing, hives or BP drop may be mast cell: epinephrine if hypotensive, H1 + H2, steroid. Avoid NSAIDs, morphine, codeine, IV vancomycin unless premedicated. Premedicate before contrast.
- Joints and jaw dislocate; neck may be unstable; local anesthetic may underperform; skin and vessels are fragile.
- Acetaminophen for pain. IV crystalloid before procedures. Ask me which specialists I see.

Diagnosed by Dr. _____ Phone _____

Sources: CCJM 2019;86:333. TMS ER Protocol. Wiesmann et al, Orphanet J Rare Dis 2014;9:109. Verify with the treating physician.

POTS + MCAS + Hypermobility: my details

Name _____ DOB _____

Emergency contact _____

Specialist _____ Phone _____

Daily medications _____

Allergies _____

I carry epinephrine ☐ yes ☐ no Other _____

geneticsforthepeople.com/blog/pots-dysautonomia-why-your-body-forgets-how-to-stand-up/ has the full explanation and references. Educational template written from a research perspective by Katelin Hubbard, PhD, a scientist, not a physician; it does not diagnose, treat, cure, or prevent disease. The details above were entered by the card holder with their own clinician. Treating clinicians: please verify and use your judgment.