

Orthostatic Intolerance

OI is common in ME/CFS; screen with history and simple office maneuvers and treat with conservative measures first.

History & Office Screens

- Ask about lightheadedness, palpitations, presyncope, 'pressure', and heat/shower/standing intolerance.
- Perform lying/standing vitals at 0, 2, 5, 10 minutes; document symptoms.

10-Minute Stand (NASA Lean Test)

- 10-minute stand (NASA Lean Test): supine rest 10 min ' record HR/BP; stand with back/shoulders lightly against wall (heels ~6 inches out); record HR/BP at 2/5/10 min with symptoms.

Therapy Options

- First-line: ~2–3 L fluids/day as tolerated; liberalize salt if safe; waist-high compression.
- Consider medications when conservative measures are insufficient (e.g., fludrocortisone, midodrine, beta-blocker, pyridostigmine).