

# Midodrine (mid-OH-dreen) for Postural Orthostatic Tachycardia Syndrome (POTS)



## What is midodrine used for?

- Midodrine (also known as MAR-Midodrine® and Vasodrine®) is a short acting medication that has been shown to help the symptoms of Postural Orthostatic Tachycardia Syndrome (POTS).
- It does this by constricting, or squeezing, your blood vessels, raising your blood pressure and helping to stop dizziness, lightheadedness, fainting, fast heart rate, weakness and fatigue when upright.

## What is the usual dose of midodrine?

- The usual dose for POTS starts at 2.5mg and is increased slowly as necessary to a maximum dose of 10mg. The maximum total amount in 24 hours is 30mg.
- Keep a track of your symptoms and share them with your health care provider so the dose can be adjusted for you.

## How and when should I take midodrine?

- Swallow the tablets with a glass full of water while sitting or standing. You can take midodrine with or without food.
- The timing of your doses is important – midodrine takes 30 minutes to 1 hour to work and only lasts for 3-4 hours.
- Avoid taking midodrine late in the evening, the last daily dose should be at least 4 hours before bedtime.

## Is midodrine addictive and can I stop taking it suddenly?

- There are no known problems with stopping it suddenly, but symptoms of POTS tend to come back again quickly.
- You should discuss this with your health care provider.

## What should I do if I forget to take a dose of midodrine at the right time?

- If you are taking midodrine regularly for POTS, take the next dose as usual and continue your regular dosing.
- Do not try to catch up by taking two doses at once as you may get more side-effects.

## Will midodrine affect my other medications?

- Midodrine interacts with some other medicines and supplements – talk to your doctor or pharmacist before starting any new medicines, herbs, vitamins or supplements.

## Can I drink alcohol while I'm taking it?

- If you drink alcohol, it may reduce the effect of midodrine as alcohol can lower blood pressure.

more overleaf

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# Midodrine (mid-OH-dreen) for POTS cont'd

## Is midodrine safe for pregnancy and breastfeeding?

- No, there is not enough information to suggest that taking midodrine while pregnant or breastfeeding is safe.

## What sort of side-effects could I get if I am taking midodrine?

Many people get:

- Goosebumps
- Numbness, tingling or itching of the scalp
- Difficulty urinating or feeling the need to urinate more often
- High blood pressure on laying down

Some people get:

- Chills
- Heartburn, nausea or vomiting

Tell your doctor if you get:

- A slow heart rate (under 40 beats per minute)
- A bad rash (hives, blister or skin peeling)

You must also read the Consumer Information Leaflet (CMI) for a full list of side effects but do not let these worry you. You may not get any side effects and if you get any that bother you tell your health care provider.

## Is midodrine expensive?

In Australia, midodrine is available as a private prescription. You may be able to claim a rebate for this medication if you have private health insurance. Talk to your pharmacist and ask them to price match the cheapest price you can find.

## The small print:

This leaflet is to help you understand more about ivabradine. You must also read the manufacturer's Consumer Medicine Information (CMI) Leaflet which can be found here:<https://www.nps.org.au/medicine-finder/coralan-tablets>.

You will find more information on the internet but as internet-based information is not always accurate talk to your health care professional. Do not share medicines with anyone else. This is not medical advice. Refer to the full Medical Disclaimer on our website.



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