



Top 20 Dysautonomia Drugs		
Drug Name/Class	Helps with	Notes
Fludrocortisone (Florinef®)	Increase blood volume and blood pressure. May help in reducing plasma NE with long-term use. (Orthostatic intolerance and orthostatic hypotension.)	Increase dietary sodium for maximum effectiveness. Ideal in low doses.
Midodrine (Proamatine®)	Tightens blood vessels, increases blood pressure and prevents fainting. (Orthostatic hypotension, POTS and other forms of dysautonomia.)	Can cause supine hypertension.
Beta-Blocker	Decrease heart rate, blood pressure and adrenaline effects. Prevents fainting. (POTS and hyperadrenergic hypertension.)	Known to cause mast cell degranulation.
Pyridostigmine (Mestinon®)	Increases blood pressure and muscle strength. Reduces breakdown of Acetylcholine in ANS. (Chronic orthostatic hypotension.)	
IV Saline	Increases in blood volume, orthostatic tolerance and cognitive function. (POTS and orthostatic hypotension)	Symptom improvement is temporary. Caution should be used when prescribing.
Clonidine (Catapres®) or Methyldopa (Aldomet®)	Decreases blood pressure and hyperadrenergic responses. Also improves sleep. Decreases sympathetic adrenergic stimulation.	

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Ibuprofen (Motrin®)	Tighten blood vessels. Blocks inflammatory prostaglandins.	
Amphetamine (Adderall®) Or Methylphenidate (Ritalin®, Concerta®)	Tighten blood vessels. Increases alertness. Cognitive function, and improves brain fog. Reduces appetite. (Chronic orthostatic intolerance)	Use with caution as can be addictive.
Clonazepam (Klonopin®)	Regulate oscillations of blood flow to heart and vital organs and increased sense of calmness. (Multiple system atrophy and chronic orthostatic intolerance.)	Recommended start with low dose at bedtime.
Alprazolam (Xanax®)	Increase sense of calmness.	Sedative effect.
Droxidopa (Northera®) Also known as L-DOPS	Increase blood pressure. (Neurogenic orthostatic hypotension and other forms of autonomic failure)	One of the few FDA approved drugs for neurogenic. Orthostatic Hypotension.
Tricyclic Antidepressants (E.g. Doxepin)	Improves mood.	
Selective Serotonin Reuptake Inhibitor, (SSRIs)	Improves mood, reduces anxiety.	May cause depression – use caution with teens.
Erythropoietin (Procrit®)	Increase blood count and blood pressure. Especially helpful with anemic patients or patients with chronic fatigue.	Difficult to gain coverage through insurance.
Yohimbine	Increase blood pressure (Chronic autonomic failure, multiple system atrophy and automatically mediated syncope.)	

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Ivabradine (Corlanor®)	Reduces heart rate, angina pectoris, and improves inappropriate sinus tachycardia (IST).	Useful for patients unable to tolerate beta-blockers
Somatostatin (Octreotide®)	Tighten blood vessels in gut	
Desmopressin (DDAVP®)	Tighten blood vessels and causes kidneys to retain water	
Bethanechol (=Urecholine®)	Increase salivation, gut action, and urination.	
H1 & H2 Antihistamines	Tightens blood vessels. Improves inflammation of the gut.	May be helpful in patients with coexisting mast cell activation.

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