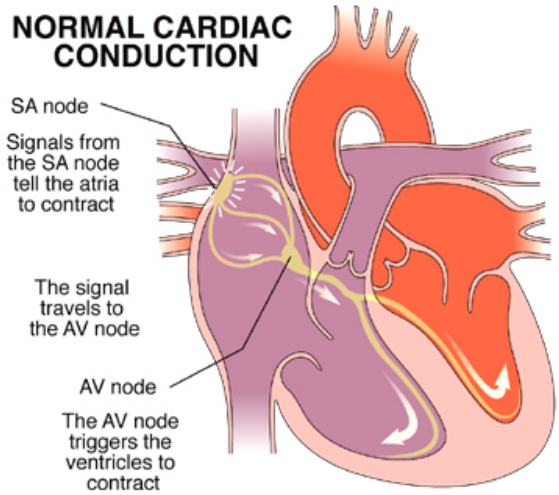
Tachycardia - Nonspecific

In adults, the heart normally beats between 60 and 100 times a minute. A heart rate over 100 is called tachycardia. When your heart beats too fast, it may not be able to pump enough blood to the rest of the body.

SYMPTOMS

- Palpitations (*rapid or irregular heartbeat*).
- Dizziness.
- Tiredness (*fatigue*).
- Shortness of breath.



CAUSES

- Exercise or exertion.
- Fever.
- Pain or injury.
- Infection.
- Loss of fluid (*dehydration*).
- Overactive thyroid.
- Lack of red blood cells (*anemia*).
- Anxiety.
- Alcohol.
- Heart arrhythmia.
- Caffeine.
- Tobacco products.
- Diet pills.
- Street drugs.
- Heart disease.

DIAGNOSIS

After an exam and taking a history, your caregiver may order:

- Blood tests.
- Electrocardiogram (EKG).
- Heart monitor.

TREATMENT

Treatment will depend on the cause and potential for harm. It may include:

- Intravenous (IV) replacement of fluids or blood.
- Antidote or reversal medicines.
- Changes in your present medicines.
- Lifestyle changes.

HOME CARE INSTRUCTIONS

- Get rest.
- Drink enough water and fluids to keep your urine clear or pale yellow.
- Avoid:
  - Caffeine.
  - Nicotine.
  - Alcohol.
  - Stress.
  - Chocolate.
  - Stimulants.
- Only take medicine as directed by your caregiver.

SEEK IMMEDIATE MEDICAL CARE IF:

- You have pain in your chest, upper arms, jaw, or neck.
- You become weak, dizzy, or feel faint.
- You have palpitations that will not go away.
- You throw up (*vomit*), have diarrhea, or pass blood.
- You look pale and your skin is cool and wet.

MAKE SURE YOU:

- Understand these instructions.
- Will watch your condition.
- Will get help right away if you are not doing well or get worse.

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