

Ivabradine (Coralan) Usage Guide for Dysautonomia

General Information

- Available as 5mg and 7.5mg tablets.
- Mechanism: Specifically slows the heart's natural pacemaker.
- Particularly beneficial for hyperadrenergic variant of POTS and for some with Long COVID.
- Goal: Regulate heart rate to a more normal level.

Dosage Protocol

Increase dose every 3 days until finding the right dose for you.

If you step up the dose and feel worse, then stop until improved and then go back to whatever was the best dose for you.

| Days | Morning Dose | Evening Dose |
|------------|--------------------|--------------------|
| 1–3 | ½ tablet (2.5mg) | ½ tablet (2.5mg) |
| 4–6 | 1 tablet (5mg) | 1 tablet (5mg) |
| 7–9 | 1½ tablets (7.5mg) | 1½ tablets (7.5mg) |
| 10 onwards | 2 tablets (10mg) | 2 tablets (10mg) |

Notes:

- You should feel a bit better with each step up until you reach either “enough” or “too much” (i.e. you feel worse).
- If not noticing any improvement by the highest dose in the table, discontinue use.
- Discuss with a doctor before exceeding the doses listed above.
- In rare cases, doses as high as 22.5mg twice a day have been used to achieve proper control.
- Once the optimal dose is determined, to save on the cost and pill burden, many people will be able to manage with halving the night time dose as they are lying down overnight.

Side Effects

Most common: Visual changes

- Typical symptoms: Lights seem very bright, “comet tails” on lights.
- Action: Stop medication if these occur.
- Can return to the highest dose that didn't cause side effects once visual changes resolve, if benefits are sufficient.

Important Considerations

- **Pregnancy:** Not recommended during pregnancy or when trying to conceive.
- **Monitoring:** Regular heart rate checks to ensure appropriate response.
- **Gradual Discontinuation:** Consult your doctor before stopping the medication.
- **Drug Interactions:** Inform all healthcare providers about this medication.
- **Individual Response:** Effects may vary; close monitoring is essential.

For Medical Practitioners

- Consider Ivabradine particularly for patients with hyperadrenergic POTS.
- Be aware that some patients may require doses higher than standard recommendations.
- Monitor for visual side effects and adjust dosage accordingly.
- Educate patients on recognising both beneficial effects and potential side effects.
- Consider combination therapy with low-dose beta-blockers in select cases where each agent is dose-limited by side effects.

Remember: Individualise treatment based on patient response and always prioritise patient safety.