

Tilt Table Test

For patients and families

Read this brochure to learn about:

- Why you need this test
- How to prepare
- Possible risks
- What to do after the test

What is a tilt table test?

In a tilt table test, sometimes called a “head-up tilt table test”, you lie on a table with special straps that hold your body in place. Your doctor checks your heart rate and blood pressure and how they respond after quickly changing the table position.

Why do I need a tilt table test?

A tilt table test is used to check the cause of unexplained fainting. Your doctor might order this test if you have:

- racing or fast heart beat
- dizziness
- fainting spells or near fainting spells when you change your posture



Your nervous system controls your heart rate and blood pressure. It also keeps them working normally when you have a sudden change in your body posture. If the nervous system is not working properly, your heart rate, blood pressure or both may briefly lower when your posture changes. This causes you to faint or nearly faint.

A tilt table test allows your doctor to diagnose the abnormality in a controlled setting by monitoring your blood pressure and heart rate when you're moved upright during the tilt table test.

What are the risks of this test?

The tilt table test is safe. But like any medical procedure, it has some risks. Possible risks include:

- dizziness or headache
- racing heartbeat or changes in your heart rate
- near fainting or fainting
- nausea and vomiting
- feeling weak for several hours after the test
- low blood pressure that continues after the test

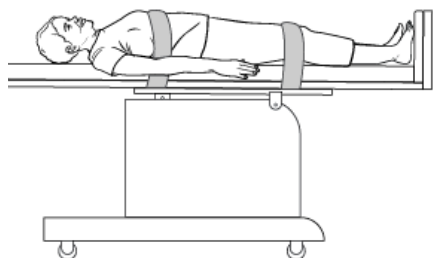
The side effects usually go away after the table is put back to the supine or horizontal position. You may also need oral or intravenous (IV) medications or IV fluid to feel better.

How do I prepare for the test?

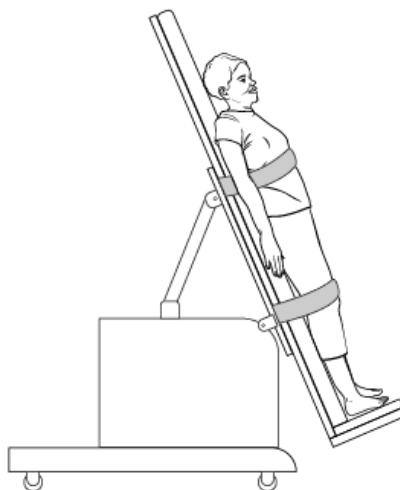
- Do NOT eat or drink for 6 hours or more before the test to lower your chances of having nausea and vomiting.
- Your doctor will review the medicines you take. Follow your doctor's instructions if you need to change any of your medicines you take the night before or the morning of your test.
- Arrange for someone to pick you up from the hospital and drive you home after the test. You may feel weak for a few hours.
- Follow any other special instructions your doctor may have given you.

What can I expect during the test?

- You lie down on a special table with straps placed across your chest and legs to hold you in place.
- You are connected to monitors which check your heart rate and blood pressure.
- An IV line is placed into a vein in your arm if you need medicine.
- After waiting for 5 to 10 minutes in the flat position, the doctor raises the table to an almost standing angle. You remain in this position for 30 minutes.
- The straps around you protect you from falling off the table while it is tilted.



Supine (flat) position



Tilted position

Important: If at any time you feel dizzy or near fainting or we see that your blood pressure or heart rate drops too much, the table is put back to the supine (flat) position. This should help you feel better.

What do I need to after the test?

It is very rare for patients to feel any side effects once they leave the procedure room.

Usually there are no special instructions to follow when the test is over. You can return to your normal activities.



Signs to watch for

- If you develop symptoms or your test is positive, you may need to stay for 30 to 60 minutes longer so we can make sure you are doing well.
- If you feel very nauseated after the test, we may need to give you medicine through the IV line.

What if I have questions?

We will tell you the result of the tilt table test and explain what a positive test result means. Please let us know if you have any questions.

Your referring doctor will be sent the test results.



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