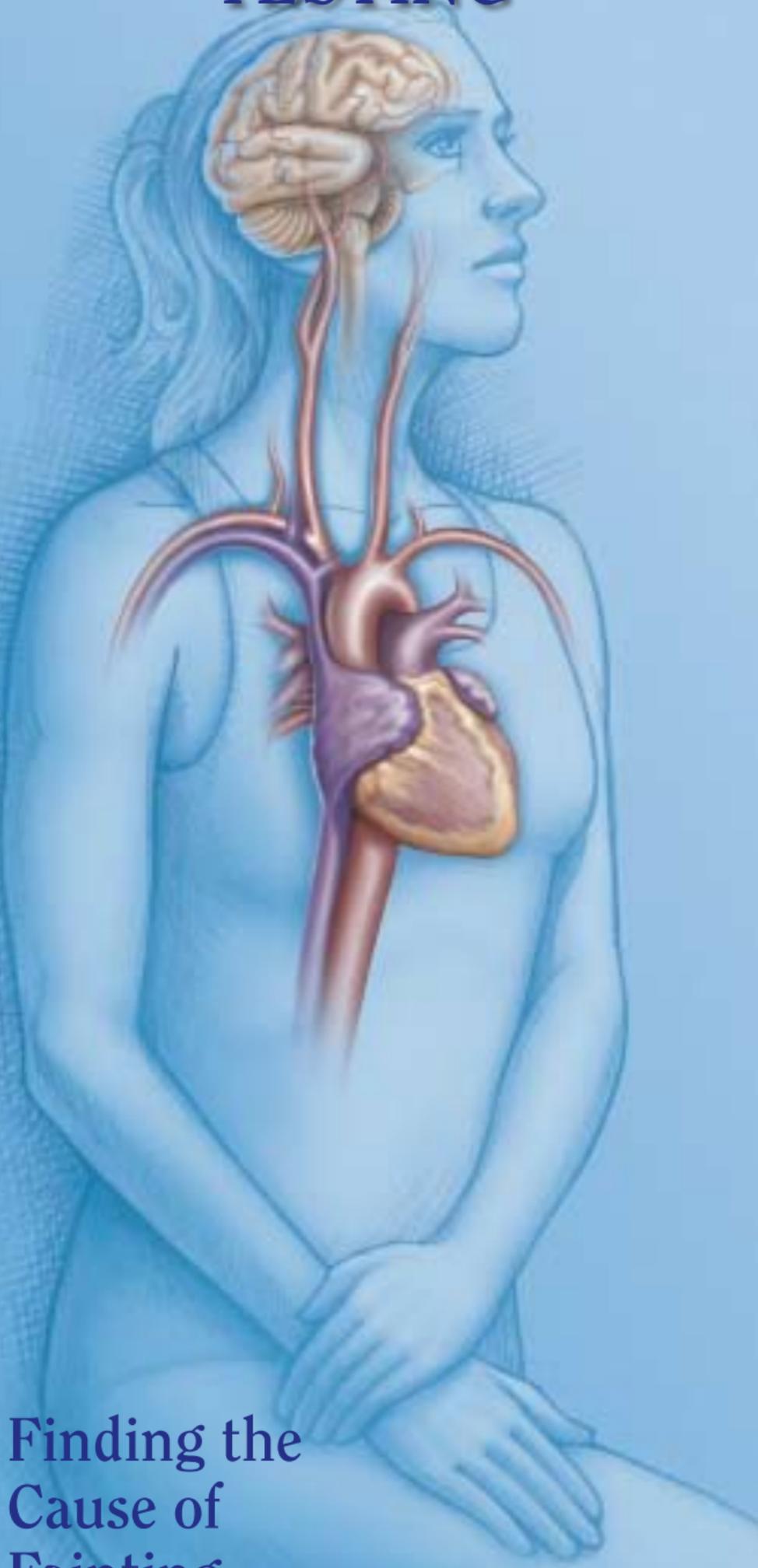


# TILT TABLE TESTING



Finding the  
Cause of  
Fainting

## What Is Tilt Table Testing?

**Tilt table testing** is a simple test that helps the doctor pinpoint the cause of your fainting. It checks how changes in body position can affect your blood pressure. To do this, you are placed on a table that is tilted upward. The test tries to recreate fainting symptoms while your blood pressure and heart rate are monitored. The test can be done in a hospital or at your doctor's office.

**The table tilts you upright** for a period of time. The test shows whether prolonged standing caused your symptoms.



## Before Your Test

Try to arrive a little early for your appointment. This will allow time to check in. For best results, prepare for the test as directed. Keep in mind:

- When you schedule the test, be sure to mention all the medications you take. Ask if you should stop taking any of them the day of the test.
- A few days ahead, arrange for a ride home after the test.
- After the midnight before the test, don't eat or drink anything.
- On the day of the test, dress for ease and comfort. Wear a two-piece outfit, top and bottoms. You will need to undress from the waist up and put on a short hospital gown.



**Don't eat or drink after the midnight before your test.** If you have been told to keep taking any medication, swallow it with small sips of water only.

## During Your Test

Tilt table testing takes about an hour. The testing room is kept quiet and dimly lit. During the test:

- Small pads (electrodes) are put on your chest to monitor your heartbeat.
- A blood pressure cuff is put on your arm.
- An IV (intravenous) line may be placed in your other arm. The IV line delivers fluids.
- You'll be asked to lie flat on the table. Your upper body and thighs will be held in place with straps.
- The table tilts until you are almost standing upright.
- You'll remain upright for up to an hour. In most cases, the test is over in 30 to 45 minutes.
- Occasionally, people are given certain medications and retested. These may make you feel shaky.

## Report Any Symptoms

Let the doctor or technician know if you notice:

- Overall weakness
- Nausea
- Dimmed vision
- Sweating or lightheadedness
- A rapid heartbeat
- Any other symptoms



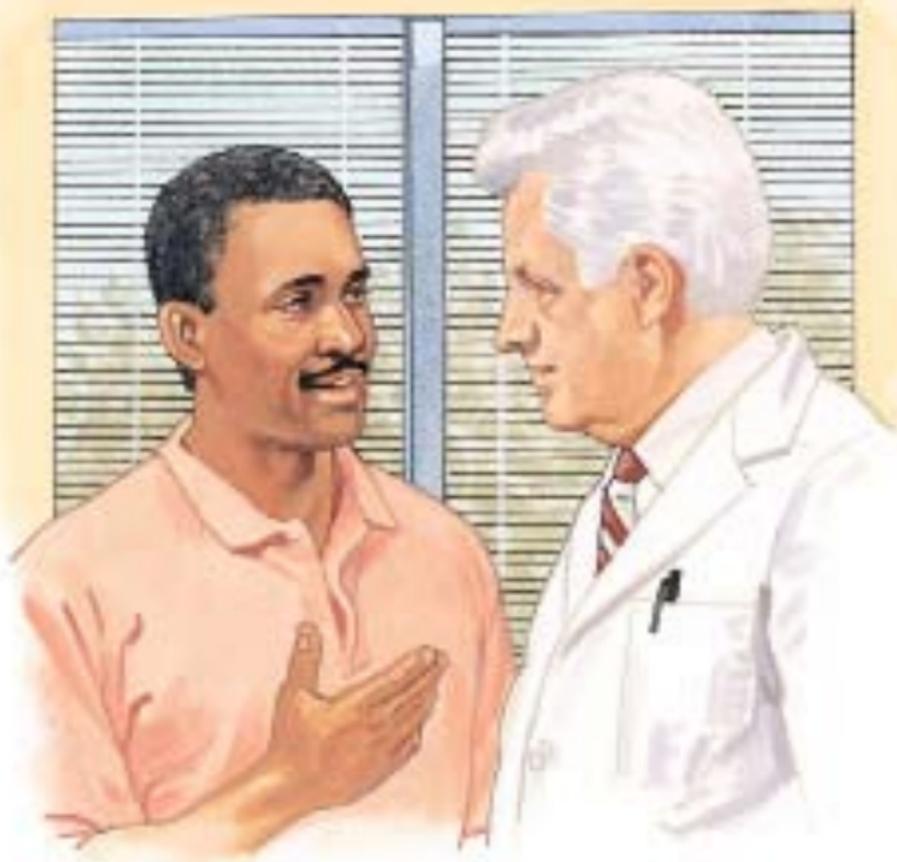
**You will be monitored**  
by your healthcare team  
through the entire test.

## After Your Test

Any medications used during the test should leave your system within 15 minutes. If you were told to skip daily medications before the test, ask if you should start taking them again. You're likely to be sent home right away. It's a good idea to have a friend or family member drive. If you fainted during the test, you may want to rest for a few hours once you're home.

# Your Test Results

Your doctor will discuss the results on the day of your test or in a future visit. The results help him or her plan treatment and future tests. Treatment may start right away.



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