



TILT TABLE TESTING

■ WHAT IS TILT TABLE TESTING?

Tilt Table Testing is a test that helps your doctor determine if neurocardiogenic syncope is the reason you are having fainting spells. [For more information on causes of syncope, read HeartFact [Syncope and Pre-Syncope](#).] During a tilt table test you lie on a special table that is progressively tilted towards the head-up position while your blood pressure and heart rate are monitored. Tilt table testing is done to reproduce the type of situation that causes you to faint in order to determine if the cause is cardiac related.

■ HOW DO I PREPARE FOR A TILT TABLE TEST?

Follow the specific instructions provided by your doctor. In general, patients should:

- Not eat or drink for 24 hours prior to the test;
- Receive instructions on whether to take or hold diabetic medication on the day of the test;
- Receive instructions on whether to take or hold any medications taken for heart conditions;
- Make arrangements to be driven to and from the hospital or office, as driving is not permitted after testing.

■ WHAT HAPPENS DURING THE TILT TABLE TEST?

Tilt table testing is usually performed at a hospital as an outpatient procedure. [Note: The Austin Heart Fredericksburg office performs this procedure in their office. There are differences in tilt table procedure, which are outlined in the section entitled [Austin Heart Fredericksburg Procedure](#) below.] During the procedure your heart rate and blood pressure will be monitored. An IV will be started in your arm to administer fluids and medications if needed. You will lie on a special table and safety straps will be placed across your chest and legs. You will rest in this position for a few minutes. Next, the table is tilted to a head-up position. Your feet will rest on a small board at the base of the table. You will remain in this position for about 30 minutes while your heart rate and blood pressure are monitored. If you experience any symptoms, such as light-headedness or nausea, tell your doctor or nurse immediately. During the second part of the test you will be given a medication that is very similar to adrenaline. The medication is slowly injected through the IV line and you may have the sensation that your heart is beating faster and stronger. The table is moved to the head-up position for another 15-30 minutes. You may request to stop the test at any time if you feel uncomfortable in continuing.

■ WHAT HAPPENS AFTER THE TEST?

Most patients feel fine after the test and are discharged home. If you experience symptoms during the test, you will be allowed to rest until you feel back to normal.

■ **IS THE TEST SAFE?**

Tilt table testing is safe; however, by design it may cause you to faint or experience other symptoms such as nausea, sweating or a feeling of being about to faint. If you faint during the test, the table will quickly be returned to the flat position.

■ **AUSTIN HEART FREDERICKSBURG PROCEDURE**

In general, the procedure in Fredericksburg is similar to hospital procedures. There are some differences, however:

- Patients do not have to stop eating and drinking for 24 hours prior to the test; however, they do need to skip the meal immediately before the test.
- An IV is not administered. Instead, medication is given through an inhaler.
- Patients are permitted to drive themselves to and from the appointment.