

# Care Gram

## Tilt Table Testing

**Date of Test:** \_\_\_\_\_ **Test Time:** \_\_\_\_\_

### How the Test Works

A tilt table test is ordered to find a cause for fainting spells (also called syncope). During the test, you will stand against a tilted surface for a period of time.

### Allowing Time

The entire test usually takes about 2 to 2 ½ hours.

### Preparation

- Do not eat or drink anything for 4 hours before the test.
- On the day of the test, do not take the following medications:
  - Medications that are beta blockers (Metoprolol, Toprol, Coreg, Atenolol)
  - Paxil, Zoloft, or Prozac
- Be sure to wear comfortable shoes for standing.

### Registration

Please report directly to the Cardiology Department at your appointment time. It is located on the first floor of Licking Memorial Hospital.

### During a Tilt Table Test

- An IV is started to give you fluid during the test.
- You will be placed on a table with a footboard and restraining straps.
- You are tilted upright 70 degrees for about 30 minutes. Heart monitoring will be done during this time. Your heart rate and blood pressure are checked frequently.
- If symptoms of syncope, being lightheaded, or a significant drop in pulse or blood pressure happen, you will quickly be returned to a flat position and the test is ended.
- If no symptoms happen, the cardiologist may use a medication to make symptoms happen during the test.

### After the Test

- Your heart rate and blood pressure will be monitored until they return to normal.
- Any symptoms you had during the test will be gone before you are allowed to leave.
- You may drive yourself home and return to your normal activities the same day.

### Finding Out the Results

The cardiologist who performs the test may be able to give you some of the results before you leave. You will find out the final report from the doctor who ordered the test.

If you have any questions about your test, please call (740) 348-4177.

This Care Gram is for information purposes only. It may become out-of-date over time. Ask a doctor or a healthcare professional about your specific condition.



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