

# Tilt Table Test – Patient Instructions

## What is a Tilt Table Test?

A tilt table test is a procedure used to help diagnose the causes of unexplained fainting (syncope). A tilt table test involves lying on a table that tilts you from a horizontal to a vertical position. This change in position helps doctors monitor how your heart rate and blood pressure respond to the angle change, simulating what happens when you stand up from a lying position.

## What to Expect During the Test

- Preparation:** Upon arrival we will place you lying flat on a special table and attach electrodes to your chest to monitor your heart. A blood pressure cuff will be used to check your blood pressure throughout the test.
- Testing Process:**
  - You'll lie flat on the table, and after initial readings, the table will gradually tilt to an almost standing position.
  - You'll remain in this position for several minutes. The goal is to provoke symptoms while your heart rate and blood pressure are monitored.
  - If no symptoms occur, you may be given a medication, nitroglycerine, to assess your body's response to dilation or relaxation of blood vessels.
- Observation:** You'll be closely observed, and any symptoms like dizziness, lightheadedness, or fainting will be noted.

## How to Prepare for the Test

- Fasting:** Typically, you'll be asked to fast for about 2-4 hours before the test. Water is allowed.
- Clothing:** Wear comfortable clothes and shoes.
- Activity:** Avoid strenuous activity the day before the test to ensure you're well-rested and hydrated.

## Medications to Avoid

- Before the Test:** Please avoid taking medications in the nitrate class 48 hours prior to your test. These can include – Isosorbide(Imdur), nitroglycerine, or even erectile dysfunction medications such as Sildenafil (Viagra), Cialis (Tadalafil), Avanafil (stendra), and Vardenafil (Levitra, Staxyn)
- Day of the Test:** Avoid caffeine and nicotine on the day of the test, as they can affect the results.

## Additional Instructions

- Arrival:** Arrive on time for your appointment to allow for preparation.
- Aftercare:** Since there's a chance you might feel lightheaded or dizzy after the test, plan for someone to drive you home.