

### **What is a Tilt Table?**

A tilt table is a special test done to help decide why you feel dizzy or feel as if you might pass out. The test is just like its name. It will include tilting your body slowly to a standing position while you are still in a bed! This test is done because you may feel dizzy when you change positions. The medical term is a vasovagal response.

### **How do I prepare for a Tilt Table?**

Your doctor will discuss why you need a Tilt Table as well as risks and complications of the test. You will need to sign a permit allowing the doctor to do the test. You will be asked to have nothing to eat or drink after the time the doctor chooses before the test. This is also called NPO. You will need to wear a hospital gown. You will have an IV. IV fluids will be started before the test. When it is time for your test, you will be taken on a stretcher to a special exam room.

### **What happens during a Tilt Table?**

Once you are in the exam room, you will be placed on a special bed. The bed has protective straps to place across you so that you will stay in the bed as you are tilted. Electrodes (skin patches with wires) will be placed on your chest to record your heart's changes as the position of the bed changes.

You will start the test in a lying position. Then, the top of your body will be tilted upward

(forward) for about 20 minutes or until you start to have visible changes. If no changes occur with this first part of the test, they go to the next part. The 2nd part is the same exact way, but they will give you a medicine through your IV to speed your heart up a little.

During the entire test, the doctor will be watching your heart rate, blood pressure, and you.

### **What happens after the Tilt Table?**

You will return to your room on a stretcher. You will be able to return to your normal activities and eat your usual diet. Your doctor will talk with you about the results of your test and make plans if you need treatment.

We hope that this information will help you have a more comfortable test. If you have any questions or concerns, please talk with your doctor or nurse. Sometimes, just knowing what will happen makes it easier.