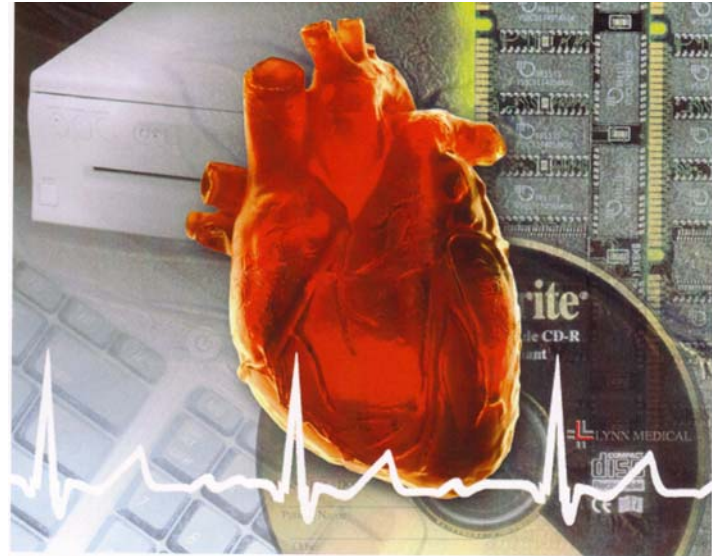


## Understanding Your Test



### Patients education goals

- What is the test?
- Why it is done?
- How it is done?
- Test results.
- After the test

### *Toledo Cardiology Consultants Publication*

For information call : (419) 251-3700

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To help your doctor determine the cause of dizziness, lightheadedness or fainting.

### **Why is Tilt Table Testing Done?**

The cause of fainting spells (**Syncope**) are many and may include abnormal heart rhythms, abnormal heart valves, and low blood pressure.

The tilt test is used to diagnose neurocardiogenic syncope, also called vasovagal syncope. This refers to an abnormal function of the nerves that control the heart rhythm and blood pressure, causing a slowing of the heart rate and a drop in the blood pressure.

The symptoms can include dizziness, sweating, nausea, and a feeling of almost passing out (near syncope). The tilt table test may bring on these symptoms while you are monitored.

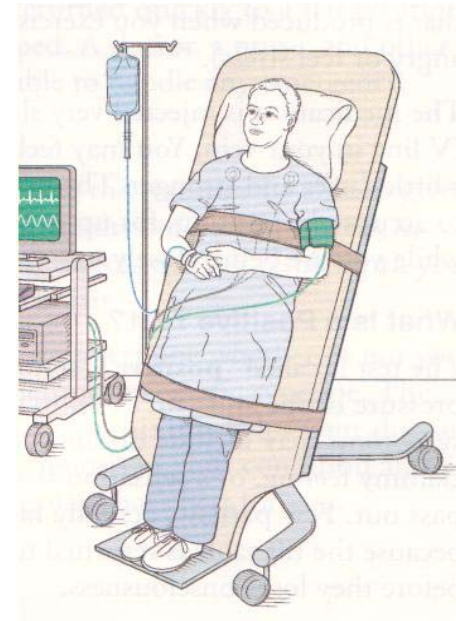
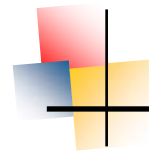
### **How Does the Test Work?**

You lie on a flat table and then the table is moved to a nearly upright position, causing the blood to pool in the lower body. This causes less blood being returned to the heart and leading to less blood pumped and a drop in the blood pressure.

In normal people, the body will compensate by increasing the heartbeat and constricting the blood vessels to maintain a normal blood pressure.

In people with neurocardiogenic syncope, the nerves do not work properly. The heartbeat continues to be slow and the blood pressure is low, which can lead to syncope.

All symptoms will disappear when the table is lowered to the flat position, and normal blood flow returns.


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## Preparing for the Test

- No eating or drinking for four hours prior to the test.
- If you are diabetic, ask for special instructions
- Some heart medications should be stopped before the test. Ask your doctor
- **Someone must accompany you to the test.** Some patients will not be allowed to drive after the test.

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A positive or abnormal test is if your blood pressure drops and you develop symptoms.



## During the Test

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- An Intravenous line will be started for fluid and medication.
- EKG patches will be placed on your chest to monitor your heart beat.
- A Blood pressure cuff will be placed to monitor your blood pressure.
- After you lie quietly for several minutes, the table is then moved upright to 60-80 degrees. You remain in this position for a period of several minutes, while your heartbeat and blood pressure are monitored.
- Let your doctor or nurse know if you develop any symptoms, such as nausea or dizziness.
- The test may be repeated with an injection of a medication if no symptoms are felt during the first part of the test.

### **After the Test:**

- The test will take about 1 hour
- You will require someone to drive you home
- Your doctor will give you a preliminary test result
- The doctor will inform your primary care physician about the result. **It is important to follow up with your family doctor about future treatment**



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