Tilt-Table Testing

The purpose of a tilt-table test is to look for a reason for fainting spells. Fainting spells can come from various causes. The tilt table test may help determine if the problem is related to the heart.

A tilt table test checks the body while it is in a state which may produce fainting.

- You will have an intravenous line started in you prior to the test. This is done as a safety precaution in case medications or fluids need to be given.
- You will be placed on a special table which can tip your head and body upright to positions which vary from lying flat on the table to standing upright with the table behind your back. You will not be tilted up all the way in one move. Each position will last for several minutes.
- Your blood pressure, pulse and activity of the heart will be monitored during the test.
- If a faint occurs during the test, you will usually recover very quickly.
- Following the test, the intravenous line will be removed and you will be allowed to go home if your blood pressure and pulse have returned to normal and you are stable.

PREPARATION

- There is no special preparation for the test.
- Do not eat or drink for 4 hours before the test or as instructed.
- Have someone come with you to drive you home.

HOME CARE INSTRUCTIONS

- You may resume your regular diet and activities unless you are instructed otherwise by your caregiver.
- Resume all medications as instructed by your caregiver.
- Your caregiver will go over the results of your test with you.

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