

Care Gram

Tilt Table Testing

Date of Test: _____ **Test Time:** _____

What Is a Tilt Table Test?

A tilt table test is used 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.

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

How Do I Prepare for the Test?

- 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, Carvedilol, Atenolol)
 - Paxil, Zoloft, or Prozac
- Be sure to wear comfortable shoes for standing.

How Do I Register for This Test?

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

What Can I Expect During the Test?

- An IV will be inserted to provide 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 to 45 minutes. Heart monitoring will be done during this time. Your heart rate and blood pressure are checked frequently.
- If symptoms of syncope, lightheadedness, or a significant drop in pulse or blood pressure happen, you will be quickly returned to a flat position and the test will end.
- If no symptoms develop, the cardiologist may use a medication to make symptoms occur during the test.



**Licking Memorial
Health Systems**

1320 West Main Street • Newark, Ohio 43055
(220) 564-4000 • www.LMHealth.org

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What Should I Expect After the Test?

- Your heart rate and blood pressure will be monitored until they return to normal.
- Any symptoms occurring during the test will need to stop 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 (220) 564-4177.