

# TILT TABLE TEST

**Cardiology Associates of Fredericksburg, Ltd.**  
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**540-373-1331**  
[www.fredcardio.com](http://www.fredcardio.com)

Test Location:     **Mary Washington Hospital**    

Test Date: \_\_\_\_\_

Arrival Time: \_\_\_\_\_

## **PLEASE CALL 741-2000 TO PRE-REGISTER WITH MARY WASHINGTON HOSPITAL.**

A tilt table test is used to help your doctor determine the cause of syncope (fainting) or severe lightheadedness or dizziness. Every person has nerves that help control their blood pressure and heart rate. If they are not working properly, the heart can slow down and the blood pressure can drop when they should not. This causes a decrease in the blood and oxygen supply to the brain which may cause a sudden loss of consciousness. This is called vasovagal syncope or neurocardiogenic syncope. A tilt table test helps to determine if you are likely to have one of the causes of vasovagal syncope.

### **Preparation**

- DO NOT eat or drink anything for a minimum of 4 hours prior to your test.
- DO take your usual medication UNLESS otherwise instructed by your physician.
- DIABETICS ask your physician for instructions regarding diabetic medications and insulin.
- WEAR comfortable clothes, a button-up shirt and flat-heeled shoes.
- MAKE ARRANGEMENTS for someone to drive you home after the test.
- BRING your insurance information and pre-registration form to Patient Access inside the main entrance to Mary Washington Hospital at your scheduled arrival time.

### **Procedure**

The procedure will take approximately 1 to 2 hours. An IV line will be inserted into a vein in your arm for the administration of fluids and medications, if needed. You will also have electrodes on your chest and a blood pressure cuff on your arm so that your heart and blood pressure may be continuously monitored. You will lie on a special table with a footboard and safety straps. You will be monitored as the table is raised from a flat position to a steep angle, nearly upright. You will remain upright for an extended period of time. It is important that you let the doctor or nurse know if you develop any symptoms, such as dizziness or nausea. The table will then be lowered to the flat position, which restores normal blood pressure.

### **Results**

Please contact your physician for results and recommendations.

