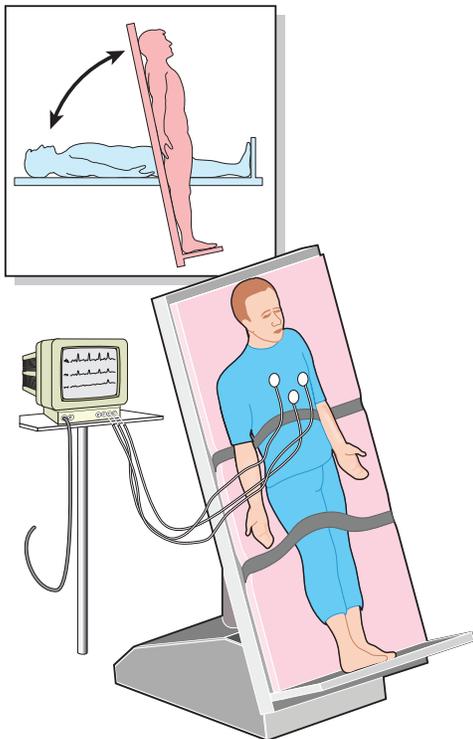


Why do I need this test?

The most common type of syncope, the “common faint,” is termed vasovagal syncope. It is caused by a malfunction of the nerves that control the action of the heart and blood vessels. This malfunction causes the heart to slow down and the blood pressure to drop. As a result, the person loses consciousness.

If you have had any recurrent syncope (fainting spells), the tilt table test can help determine how your body responds to changes in position. During the test, you lie on a table that can be moved to a nearly upright position while your symptoms, heart rate and blood pressure are continuously monitored.



What happens before the test?

- Do not eat or drink for 6 hours prior to your test, unless otherwise instructed by your doctor. This will help prevent nausea, which may accompany the test.
- Be sure to check with your doctor several days before your tilt table test. You may be asked to stop taking certain medications for 2 or 3 days before the study. This can help the doctor get more accurate test results.
- Make arrangements for someone to drive you home after the study. Family members and friends can wait in an assigned area.
- Before the test, you’ll be given an explanation of the test and be asked to sign a consent form. Feel free to ask questions.

What happens during the test?

- During the test, you will be instructed to lie down on a special table, called a tilt table.
- An intravenous (IV) line will be inserted into a vein in your arm to allow the injection of fluids and medications, and a blood pressure cuff is placed on the other arm.
- Several electrodes (small sticky patches) will be placed on your chest to obtain an electrocardiogram (ECG or EKG), and recording of your heart’s electrical activity.



- Safety straps are applied across your chest and legs.
- Initially, you will lie flat on the tilt table. Then, the entire table is tilted so that your head is almost upright. You will be continuously monitored in the tilted position for up to 30 minutes and then returned to a flat position.
- You may be given some medication to increase your heart rate. Following the medication, you will again be tilted for up to 45 minutes.

What happens after the test?

- When the test is over, it may be wise to rest for a while.
- Have someone drive you home.
- Ask your doctor or nurse about taking any medications that you were told to skip before the test.
- Resume your usual diet and fluids.