

WHAT IS A TILT TABLE TEST?

A tilt table test is used to determine if your lightheadedness or fainting (syncope) is caused by a drop in blood pressure or heart rate. It can also be used to diagnose an autonomic dysfunction.

WHAT IS A TILT TABLE TEST USED FOR?

The study may be used to:

- Determine if a patient has an autonomic dysfunction and its cause.
- Determine the cause of episodes of lightheadedness or fainting (syncope).



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TILT TABLE TEST

Informational
Pamphlet

PRE-PROCEDURE

INSTRUCTIONS:

- Do not eat or drink for at least 2 hours before the procedure.
- Notify Dr. Yoo of any medication you are currently taking and follow their instructions on whether to continue or stop taking it before the test.

POST-PROCEDURE

INSTRUCTIONS:

- Follow any specific instructions given by Dr. Yoo.
- Although you may drive after the test, it is suggested that someone else drive you from the hospital.

WHAT HAPPENS?

In the hospital, you will be strapped to the tilt-table lying horizontally. Then, you will be tilted so that you are suspended at an angle between 60-80 degrees. Your blood pressure, heart rate, and other vitals will be recorded during the test. You will be asked to report any symptoms or abnormalities you feel during the test.

If you do not feel any symptoms within 45 minutes, Dr. Yoo will administer a medication to increase heart rate and simulate the body's response when under stress. You will be asked to report any symptoms or abnormalities you feel during the test.

The complete test takes 90 minutes, but if you show symptoms or faint, then the test may finish sooner. Afterwards you will be monitored in a recovery area for around 1 hour.

ADDITIONAL

RESOURCES:

For more information, please refer to your surgical booklet.

You may also refer to these websites:

www.mayoclinic.org



www.heart.org

