

Tilt Table Testing

A tilt table test helps us find the cause of your dizziness, lightheadedness, fainting, or other symptoms. This test starts with you lying flat on a table. You will move from flat to upright (standing) position. We will watch your heart rate and blood pressure closely during the test.

Getting Ready

- Do not eat or drink anything for 4 hours before the test.
- Take all prescribed medications with small sips of water unless otherwise instructed.
- Wear loose fitting, comfortable clothes with short sleeves, as the blood pressure cuff must be placed directly on your skin.
- Bring someone with you to drive you home.

What to Expect

We may ask you to wear a gown. You will lie down on the table. We will then place sticky patches (electrodes) on your chest. We will put blood pressure cuffs on your finger and your arm. We may place an IV in your arm or hand in case you need fluids or medication. The table has safety straps that will wrap around you and will keep you safe when the table is being tilted upright.

The test starts with you lying flat on the table for 15 minutes. After baseline heart rate and blood pressure readings have been taken, the table will be tilted upright for about thirty minutes. We will watch your blood pressure and heart rate, closely during the test and will ask you regularly about your symptoms. You may need medicine to help reproduce your symptoms. If you faint, become symptomatic, or request to stop at any time during the test, we will return the table to the flat position and monitor your vitals and symptoms closely for 10-15 minutes.

Risks

A tilt table test is safe, and problems are rare. Risks may include low blood pressure and a pause between heart beats. This will get better after you and the table are returned to the flat position.

Results

Your provider will reach out to you to discuss the results and next steps.

Your health care team may have given you this information as part of your care. If so, please use it and call if you have any questions. If this information was not given to you as part of your care, please check with your doctor. This is not medical advice. This is not to be used for diagnosis or treatment of any medical condition. Because each person's health needs are different, you should talk with your doctor or others on your health care team when using this information. If you have an emergency, please call 911. Copyright © 10/2023 University of Wisconsin Hospitals and Clinics Authority. All rights reserved. Produced by the Department of Nursing. HF#7465.