



ALASKA BRAIN CENTER, LLC

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Tilt Table Test

A tilt table test is performed to determine if the cause of fainting spells is due to neurocardiac syncope, a condition that can cause the loss of consciousness due to a drop in the heart rate or blood pressure. During this test, you are securely strapped onto a table that is moved from a reclining position to a heads-up, 70-degree angle. The purpose of these changing positions is to see if a loss of consciousness can be induced under a medically-supervised, controlled situation.

How to prepare for a Tilt Table Test:

Medication Considerations: If you are taking prescription medications, you should discuss with your physician whether you should continue to take your medications on the day of your procedure. If you are diabetic, it is important for you to discuss with your physician how to adjust insulin and food intake prior to your procedure.

Transportation upon Discharge: Just in case you feel lightheaded after the test, you must have someone with you to drive you home.

What to expect during the Tilt Table Test

- Your heart rate, rhythm, and blood pressure will be continuously monitored.
- The table will begin at a 0-degree angle for 10 minutes, then tilted upright to a 10-degree angle for 10 minutes, then tilted upright to approximately a 70-degree angle for about 30 minutes, and then returned to a flat position.
- The estimated time that it takes for a tilt table test is 45-60 minutes.
- There is a possibility that you *may* pass out during this test. If this does occur, please understand that it is ***very important*** that we obtain your vitals before returning you to a 0-degree angle. Once you are returned to a 0-degree angle the test will be stopped and we will assist you in your recovery.

What to expect during recovery from a Tilt Table Test

You can expect an immediate recovery from this test, although you should arrange for someone to drive you home, just in case you feel lightheaded. You *may* experience a headache, nausea, and/or dizziness.