

Tilt Study

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A tilt study is used to find out if your fainting spells are linked to your cardiovascular system. The test tries to make your body react like it does before and during a fainting spell.

A special table tilts you from a flat to a head-upright position. Your doctor will watch and record your heart rate and blood pressure during the test. Medicine may be needed to help the doctor find out what is wrong. The test takes about one hour.

Before the Test

- Ask your doctor about medicine use. If you have diabetes, tell your doctor about your diet, medicine, or insulin needs. Follow any special instructions.
- For a morning test, you may eat or drink as usual up to 2 hours before the test, unless you receive other instructions.
- For an afternoon test, you may have a regular breakfast and eat a light lunch up to 2 hours before the test, unless you receive other instructions.
- At the hospital, you will go to patient registration. From there, Electrophysiology Lab staff members will take you to the test area. They will answer any questions you may have.
- After you give written consent for the test, an intravenous (IV) line will be put into your hand for fluids and medicines. Before the test starts, you will be asked to empty your bladder.

During the Test

- You will lie on the tilt table.
- A Velcro® belt will be put across your chest and legs to keep you from slipping.
- Patches will be put on your chest for your electrocardiogram or EKG (a test which shows your heart's electrical flow).
- A blood pressure cuff will be put on your arm.
- The doctor may want to watch your blood pressure by placing a special tube or catheter (called an arterial line) in an artery in your groin.
- A doctor and nurse will stay with you during the test.
- You will lie flat on the table.
- Your blood pressure and heart rate will be taken.
- The table will slowly tilt to an upright angle of 70 to 90 degrees.
- In this position, you will stand on a footboard.
- The room will be quiet and the lights dimmed. You will stay upright for 30 minutes or until feelings of fainting happen.
- Your bed will return flat when you feel faint.

(over)

- Medicine will be given to you through your IV or under your tongue either at the beginning or during the test. This will help produce fainting symptoms.
- After the test, you will be moved to a recovery area. The IV medicine will be stopped, and the blood pressure cuff taken off.
- You will be offered fluids.

After the Test

- Your doctor will talk with you about the test results and needed treatment.
- The IV or catheter will be removed.
- You will be able to go home the same day unless more tests or treatment are needed.