

*If you have  
any questions,  
please ask  
your physician  
or nurse.*

## Upright Tilt Table Test

Your physician has suggested that you have an upright tilt table test. Each person has receptors in the heart that help control blood pressure and heart rate. Sometimes there will be something that triggers these receptors at the wrong time. This can prevent the heart from beating fast and strongly enough to give the right amount of blood to the brain. The decreased blood supply can make you feel lightheaded, dizzy or sweaty. You may even faint. This feeling of “passing out” or fainting is known as syncope. A tilt table test helps your physician to find out why you are fainting and how to treat you.

### Before the test

#### **At home:**

- Do not eat or drink anything for 6 hours before the test.
- Take your usual medications with small sips of water, unless your physician tells you otherwise.
- Do not take medications such as sildenafil (Viagra®) or tadalafil (Cialis®) for 1 week before the test. Talk with your physician about whether it is safe for you to stop these medications.
- Wear comfortable clothes and flat shoes to the test.

### Day of the test

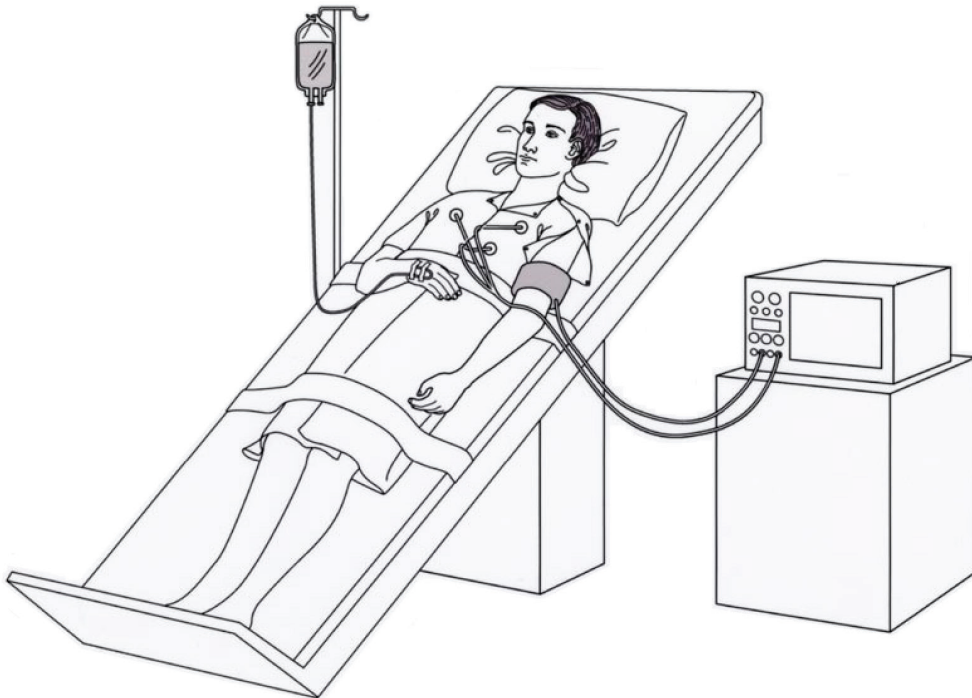
On the day of your test, come to the 8th floor of Galter Pavilion, 201 East Huron Street. Check in at the Reception Desk. You may park at the Northwestern Memorial parking garage, across from the hospital at 222 East Huron Street. For a discounted parking rate, bring your ticket with you for validation.

### During the test

The tilt table test will be in the Electrophysiology Lab. The clinician may ask you to change into a hospital gown for the test (you may leave your underwear on). The care team will monitor your blood pressure and heart rate during the test. They may give you a medication that will dilate your blood vessels.

You will lie on a table that has a pillow and a safety strap. The care team will lift the table from a flat position to a standing position (Figure 1).

**Figure 1. Tilt table**



You will be upright for 20 to 40 minutes. The care team will record your blood pressure and heart rhythm. If you feel dizzy or faint, we will put the table in the flat position. Then the test will be over.

If you have dizziness, lightheadedness or fainting during the test, your physician may start you on a medication.

### **After the test**

The care team will remove the cardiac monitor. They will offer you a snack and something to drink. You will be able to go back to your normal activity and diet after the test.

### **Contact us**

If you have any questions, please contact your physician. If you need to change or cancel your test, please call the Northwestern Memorial Hospital Electrophysiology Clinic at 312.695.4965 (TTY: 711) as soon as possible.