



HEART HEALTH PROGRAM PATIENT REFERENCE

TILT TABLE TEST

Patients that have experienced a sudden drop in blood pressure may benefit from a tilt table test.

What is it?	<ul style="list-style-type: none">• Designed to evaluate how your body regulates blood pressure in response to some very simple stresses, such as standing up or certain medications, it may also be useful for those who experience severe light-headedness/dizziness & are forced them to sit or lie down.• These symptoms, while not resulting in a fainting spell, may still be indicative of a sudden drop in blood pressure.
How long does it take?	<ul style="list-style-type: none">• Up to 60 minutes
What does it involve?	<ul style="list-style-type: none">• The first part of a tilt table test evaluates how blood pressure responds to the simple stress of standing up, or in other words, how the blood pressure responds to the stress of gravity.• You are asked to remove clothing above the waist, put on a hospital gown and lie down on the tilt table. You will be connected to heart monitor, automatic blood pressure monitor & an intravenous line (IV) will be placed in your arm. Baseline blood pressure (BP) and heart rhythm are recorded.• The table will then be tilted to an 80° angle for 10 minutes. BP and heart rhythm will be recorded. It is important to tell the staff if you feel any symptoms (dizziness, nausea etc.)• If you feel fine... medication is given into the IV tubing, producing a sensation similar to the stress of walking up a staircase and allows the staff to see how your blood pressure responds.• You may be in the upright position for 30 minutes depending on how your blood pressure responds and how you feel.
What is a positive test?	<ul style="list-style-type: none">• You experience a drop in blood pressure along with symptoms such as light-headedness, nausea, cold and clammy feeling or feel like you are going to black out.• Meaning—you are susceptible to one of the reactions that can cause a drop in blood pressure and may require treatments that can vary from medications to diet changes. Your physician will interpret the test and discuss which treatment is best for you.

References:

- VIHA South Island EDS Department
- Columbia University Medical Center