

*If you have
any questions
or concerns,
please call 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 these receptors are triggered at the wrong time. This can prevent the heart from beating fast and strongly enough to supply the proper 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 called 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 you are told otherwise.
- Wear comfortable clothes and shoes (no high heels) to the test.

Day of the test

On the day of your test, please come to the Galter Pavilion, 251 East Huron Street. Take the visitor elevators to the 8th floor and check in at the Reception Desk. The person at the desk will let us know you have arrived. You may park at the Northwestern Memorial parking garage, across from the hospital at 222 East Huron Street. Please bring your ticket with you for validation.

If you need to change or cancel your test, please call the EP Cardiology Clinic at 312.695.4965 as soon as possible.

During the test

The tilt table test takes place in the Electrophysiology Lab.

At the hospital, you will:

- Change into a gown for the test (underwear may be left on).
- Have an IV (into the vein) line started in your arm.
- Have your blood pressure and heart rate monitored.

You will lie on a table that has a pillow and a safety strap. It will be raised from a flat position to a standing position (upright). You will be upright for 40 to 60 minutes.

If you feel dizzy or faint, your blood pressure and heart rhythm will be recorded. The table will be returned to the flat position and the test will be over.

If dizziness, lightheadedness or fainting are noted during the test, you may be started on an oral medication. The test may be repeated in about 1 to 2 weeks to see if the medication is working.

After the test

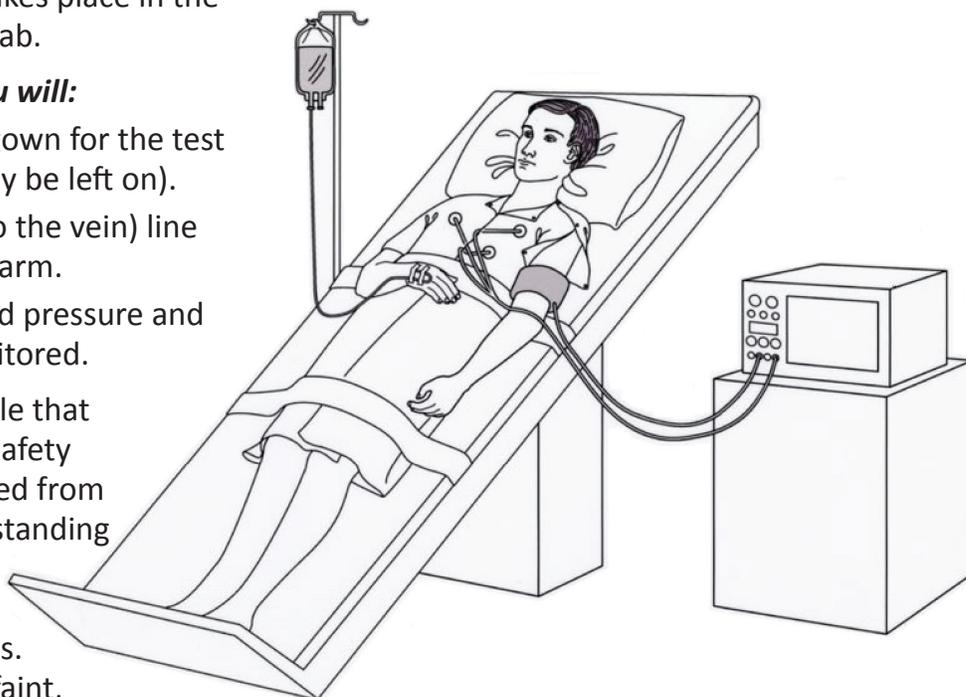
The IV line and cardiac monitor will be removed. You will be able to resume your normal activity and diet.

If you have any questions, please contact the Electrophysiology nurses at 312.695.4965.

Northwestern Medicine – Health Information Resources

For more information, contact Northwestern Memorial Hospital's Alberto Culver Health Learning Center (HLC) at hlc@nm.org, or by calling 312.926.5465. Health information professionals can help you find the information you need and provide you with personal support at no charge.

For more information about Northwestern Medicine, please visit our website at nm.org.



Para asistencia en español, por favor llamar al Departamento de Representantes para Pacientes al 312.926.3112.

The entities that come together as Northwestern Medicine are committed to representing the communities we serve, fostering a culture of inclusion, delivering culturally competent care, providing access to treatment and programs in a nondiscriminatory manner and eliminating healthcare disparities. For questions, please call either Northwestern Memorial Hospital's Patient Representatives Department at 312.926.3112, TDD/TTY 312.926.6363 or the Northwestern Medical Group Patient Representatives Department at 312.695.1100, TDD/TTY 312.926.6363.

Developed by: NMH Electrophysiology Nursing Staff

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