Tilt table testing is a simple test that helps your doctor to determine the cause of your fainting. It checks how changes in body position can affect your blood pressure. To do this, you are placed on a table that is tilted upward. The test tries to recreate fainting symptoms while your blood pressure and heart rate are monitored. This test is done as an outpatient in a hospital setting.

**PREPARATION**

It is important that your doctor know about all of the medications that you are currently taking. Your doctor will let you know if you should stop taking any medicine the day of the test. You will not be able to eat or drink anything after midnight. You should arrange to have someone bring you home after your test is completed. On the day of the test, dress comfortably. Wear a two-piece outfit, with a top and a pair of pants or shorts. You will need to undress from the waist up and put on a short hospital gown.

**PROCEDURE**

The test will take about an hour. The testing room is kept quiet and dimly lit. During the test, the following will occur:

- Small pads (electrodes) are put on your chest to monitor your heartbeat.
- A blood pressure cuff is put on your arm.
- An IV (intravenous) line may be placed in your other arm. The IV line delivers fluids.
- You will be asked to lie flat on the table. Your upper body and thighs will be held in place with straps.
- The table tilts until you are almost standing upright.
- You will remain upright for up to an hour. In most cases, the test is over in 30 to 45 minutes.
- Occasionally, people are given certain medications and retested. These may make you feel shaky.

You should let the doctor or technician know if you notice any of the following:

- Overall weakness
- Nausea
- Dimmed vision
- Sweating or lightheadedness
- A rapid heartbeat
- Any other symptoms

Appleton Heart Institute
1818 N. Meade Street, Appleton, WI 54911
Phone: 920-731-8900 Fax: 920-225-1414
YOUR PROCEDURE IS SCHEDULED FOR:

Date:     _____/_____/_____  
Arrival Time:   ______________
Procedure Time:  ______________

- Appleton Heart Institute (at Appleton Medical Center)  
  First floor registration  
  1818 N. Meade Street (enter from Grant St.)  
  Appleton, WI 54911  
  Phone: 920-731-8900

- St. Vincent Medical Center  
  Outpatient Registration – Van Buren Street Entrance  
  835 S. Van Buren Street  
  Green Bay, WI 54307  
  (920) 729-3100 or (800) 236-3122

- Other Location:___________________________________________________________