

# Tilt Table Test – without Medicine

This test will help find the cause of fainting or feelings of lightheadedness or dizziness. During this test your blood pressure, heart rate, heart rhythm and symptoms will be monitored while you are moved from a lying to an upright position. This test will evaluate your body's cardiovascular response to a change in position.

## How to get ready for the test:

### 12 hours before the test:

- Do not eat or drink anything with caffeine. No pop, coffee, decaf coffee, tea, energy drinks, or chocolate.

### 4 hours before the test:

- Do not smoke or use anything with nicotine. This includes vaporizers, e-cigarettes, nicotine gum, or smokeless tobacco. Remove any nicotine patches.

### 3 hours before the test:

- Do not eat or drink anything. It is okay to take most medicines with sips of water (see list below about medicine to avoid). If you are diabetic, talk with your doctor about what to eat and taking your medicine or insulin.

### Day of the test:

- Wear comfortable clothes and walking shoes.
- Do not use body lotions, oils or powders.

## Check with your doctor about what medicines you should take before the test.

You should NOT take the following medicines unless your doctor tells you to:

### 48 hours before test:

- Medicines for erectile dysfunction: Cialis<sup>®</sup>, Levitra<sup>®</sup>, sildenafil, Stendra<sup>®</sup>, Viagra<sup>®</sup>

### 24 hours before the test:

- Beta blockers: atenolol (Tenormin<sup>®</sup>), carvedilol (Coreg<sup>®</sup>), metoprolol (Lopressor<sup>®</sup>, Toprol<sup>®</sup>), propranolol (Inderal<sup>®</sup>)

### Day of the test:

- Nitrates: nitroglycerin (Minitran<sup>®</sup>, NitroDur<sup>®</sup>, Nitrostat<sup>®</sup>), isosorbide dinitrate (Dilatrate<sup>®</sup>, Isordil<sup>®</sup>, Sorbitrate<sup>®</sup>), isosorbide mononitrate (Ismo<sup>®</sup>, Imdur<sup>®</sup>, Monoket<sup>®</sup>)

**What to Expect:**

1. You will be hooked up to a heart monitor and blood pressure cuff.
2. You will be secured to a table and tilted to an upright position of 60-80 degrees.
3. Your blood pressure, heart rate and symptoms will be monitored during the test. Please tell the technician if you feel any dizziness, lightheadedness or chest pain.
4. If you begin feeling faint, the test will be ended and you will be lowered to a “head down” position in which your head will rest below the level of your feet.
5. If you do not have any abnormalities or symptoms, the test will be ended after 40 minutes.
6. We will monitor you for at least 5 minutes after returning to a flat position.
7. Total test time is about 1 hour.

**If you have any questions about your test, contact the facility where your test is scheduled.**

**Bronson Methodist (Kalamazoo): (269) 341-6269**

**Bronson Battle Creek: (269) 245-8091**

**Bronson Lakeview: (269) 657-1495**

**Bronson South Haven: (269) 639-2796**