



# Tilt Table Test

*Baystate Medical Center's Heart and Vascular Services staff are committed to providing you with an excellent, comfortable, and safe experience. We hope you will find the following information useful as you prepare for your tilt table test.*

If you have been experiencing dizziness or lightheadedness (known as presyncope), or have fainted or passed out (syncope) in the past, your doctor may have you take a tilt table test. This test can help show why you have had these symptoms.

## Before Your Test

It is very important that you do not eat or drink after midnight on the night before the test. You may take your morning medications with a small amount of water unless otherwise instructed by your physician. You will come to the hospital on the day of test and return home the same day.

## When You Arrive at Baystate Medical Center

Wheelchairs are available at the hospital's main Daly Entrance if you need one. Please check in at the reception desk, where you will receive directions to your unit.

On your unit, you will be brought to your room, and asked to put on a hospital gown and slippers. Your nurse will start an IV, obtain lab work if ordered by your doctor, and may connect you to a heart monitor. We will arrange to communicate with your family member or friend after your test.



## Preparation for Your Test

The tilt table test is performed in the Electrophysiology Laboratory. You will be asked to lie down on a special bed that can be tilted upward, and we will apply two safety straps. The EP staff will connect you to blood pressure and heart monitors to monitor you during your test. Your doctor may also ask that we give you a medication to help reproduce your symptoms during the test.



## Getting Here

Baystate Medical Center  
759 Chestnut Street, Springfield, MA  
Main Hospital: 413-794-0000 • EP Lab: 413-794-2965

**From the North:** From Route 91 southbound, take Birnie Avenue, Exit 11. Bear right off the exit ramp, and take your first right on Walter Street. Proceed through the lights to the next intersection, and take a left on Springfield Street, then take your first right on Medical Center Drive.

**From the South:** From Route 91 northbound, take Main Street, Exit 10. Proceed ahead for two blocks until you are facing the medical center. Take a left and then bear right on Springfield Street, then take your first right on Medical Center Drive.

## During the Test

It is important to stay relaxed and lie still during this test. The room lights will be dimmed to help you relax. At the beginning of the test, you will lie on your back for 10 minutes, while the nurse gathers baseline information about your heart rate and blood pressure. The table will then tilt upward (head up) at a 70° angle. This position will bring you to a standing position. Your heart rate and blood pressure will be constantly monitored. If you feel any dizziness during this test, please tell the staff in the room. The test lasts about one hour.

## After Your Test

You should not feel any discomfort from the test. Once the test is over, you will be asked to rest in your room for about one hour. After that, you may go home and can return to your normal activities.

- ♥ Continue your diet as usual.
- ♥ You may resume your daily medication schedule unless otherwise directed by your doctor before discharge.
- ♥ A responsible adult must drive you home from the hospital.
- ♥ You should not drive, operate machinery, drink alcohol, or sign legal documents for 24 hours.

**From the East:** Take Exit 6 off the Massachusetts Turnpike. Beyond the toll booth, turn left on to Route 291. Remain on 291 until it merges with Route 91 North. Follow the “From the South” directions at left.

**From the West:** Take Exit 4 off the Massachusetts Turnpike. Pick up Route 91 South after the toll booth. Stay on Route 91 South and take Birnie Avenue, Exit 11. Follow the “From the North” directions at left.