

## **Orthostatic stress test (tilt table test)**

### **Why is this test done?**

This test helps us determine if your symptoms might be caused by an autonomic nervous system disorder. The autonomic nervous system continually regulates involuntary responses, such as heart rate and blood pressure. In this test, variations in your heart rate and blood pressure are monitored while you are in a standing position.

### **How should I prepare for the test?**

What to bring:

- Loose-fitting trousers (such as joggers) that can easily be rolled up to knee height.
- A list of the medications you are using. The doctor responsible for your care will decide which medications you should use or stop using before the test.

In addition:

- You may eat normally on the day of the test.
- The test will not be done if you have symptoms of a short-term infectious disease (such as a cold).

### **How is this test done?**

You will uncover your chest and lower legs. You will lie down on the tilt table. We will attach electrodes to your legs, arms and chest in order to measure your heart activity and other functions. We will place a blood pressure cuff on your upper arm and on your finger.

You will spend the first 15 minutes of the test in a reclining position. Then the table will be tilted to move you into a standing position for 40 minutes. You will have to refrain from speaking or moving in place while in the standing position. Then you will be tilted back into a reclining position for a few more minutes.

### **How long will the test last?**

The test takes about 2 hours.

### **Where can I get the test results?**

The ward or clinic that is treating you will tell you about the test results.

Instruction reviewed 22.3.2024