

Tilt Table Testing

Tilt table testing is a test used to evaluate, diagnose and manage a common type of syncope called “Vasodepressor Syncope” (VDS). Syncope is a term that refers to “passing out” and is often a reason patients go to the emergency room or are admitted to the hospital.

Symptoms Associated With Syncope

Syncope may include loss of consciousness and physical collapse and is often sudden and unpredictable.

In some cases, for example, while driving or operating machinery, syncope can be tragic.

Each person may have their own unique symptoms. Not all patients fully pass out with these episodes. Some people have dizziness or episodes of almost passing out. These are referred to as “near syncope”.

People may also have lightheadedness, a warm feeling, nausea, numbness or tingling, visual changes and chronic fatigue.

About Vasodepressor Syncope

VDS is the most common type of syncope (1/3 of all syncope). Normally, the brain “regulates” the heart rate and blood pressure to meet the body’s needs. With VDS, the brain misinterprets the body’s messages which causes a decrease in heart rate, blood pressure, or both.

These changes in heart rate and blood pressure cause the symptoms. These symptoms are often relieved by sitting or lying down. There are many situations that may “trigger” vasodepressor episodes. These include but are not limited to:

- Changing from a flat to standing position
- Prolonged standing position or after exercise
- Anxiety, stress, fear
- Heat

Treatment Of Vasodepressor Syncope

VDS for most people is a minor condition.

The goal of treatment is to:

- Prevent injury or death to you and others from passing out at a critical time such as driving
- Improve symptoms of chronic fatigue
- Reduce or eliminate the symptoms of VDS

There are various treatments and medications that can be used to manage Vasopressor Syncope. Your doctor will determine the best treatment for you. Some of the medicine takes 1-3 weeks to manage the symptoms. Side effects to these medicines are rare and often go away in a few weeks.