

## TILT TABLE TEST FOR THE AUTONOMIC NERVOUS SYSTEM (ANS)

### PATIENT INSTRUCTIONS

#### Medications to avoid before testing

- Please provide our office with a complete medication list with dosages to be reviewed prior to testing.
- Some prescription medications may have to be stopped up to a month before the test.
- Notify our clinic if you plan to start any new medications prior to your test, as these could also interfere with the results and need to be held.

#### Additional medications to avoid before testing

Below is a general list of medications that may need to be discontinued 24 hours before the test if permitted by the prescribing physician:

- Common cold remedies
- Over the counter allergy medications
- Specific medications for high blood pressure, low blood pressure, POTS, attention deficit disorder, pain, Parkinson's Disease, and depression.

#### Other special preparations

- Please notify our office if you have a **pacemaker** or **implanted monitoring device**.
- Avoid stressful circumstances. Your test will be more successful if you are rested and relaxed.
- Avoid vigorous exercise 24 hours before testing.
- Avoid alcohol, caffeine, or nicotine 12 hours before testing.
- Drink water and eat a light meal before testing.
- Shower as close to your appointment time as possible to remove all natural oils from your body.
- Do not use any lotions, oils, or powders on the day of the test.
- Wear soft, non-restrictive clothing. Avoid clothing that may restrict blood flow, including stockings and corsets. Remove elastic stockings.

If you have any questions regarding medications, send a portal message to your provider.

The Autonomic Nervous System (ANS) controls blood pressure and pulse rate, blood flow to different parts of the body, sweating, bowel and bladder function, and sexual function.

Autonomic testing (commonly called Tilt Table testing) consists of four individual non-invasive tests:

**1. Quantitative Sudomotor Axon Reflex Test (QSART):**

Small plastic capsules are attached to the arms and legs. A machine is used to stimulate the sweat glands and measure sweat production. You may feel a slight local burning or tingling during this test.

**2. Heart Rate during Deep Breathing (HRDB) Test:**

This test measures your heart rate variation during deep breathing. You will be asked to breathe deeply and steadily at a rate of 6 breaths per minute guided by a moving green light.

**3. Valsalva Test:**

During this test you blow into a plastic tube for 15 seconds hard enough to produce a pressure of 40mm/Hg as indicated by a timer that you will be asked to observe. This test measures your blood pressure and heart rate response to Valsalva maneuver. The Valsalva maneuver is performed by attempting to forcibly exhale while keeping the mouth and nose closed, usually done by closing one's mouth, pinching one's nose shut while pressing out as if blowing up a balloon.

**4. The Tilt Table Test:**

After lying on a table for the first part of the test, you will be raised to a nearly upright position. You will be secured to the table so you cannot fall. The test will measure your blood pressure and pulse from laying to upright.

**Purpose of the test**

These tests will determine whether your autonomic nervous system is working normally. The results may help to make a diagnosis and to show how you will respond to certain treatments. The type of treatment will depend on the diagnosis, and your signs and symptoms.