



Children's Specialists of Florida, P.A.

Tilt Table Testing

What is a Tilt Table Test?

The Tilt Table Test is used to assess heart rate and blood pressure changes of the body in different positions-lying flat and tilted (standing upright at an 80° angle).

Blood pressure, heart rate and heart rhythm are monitored and recorded on a graph every minute.

Why does my child need this test?

The Tilt Table Test is commonly performed if your child is experiencing dizziness, light headedness, or if your child has fainted. The symptoms may have been caused by a sudden drop in blood pressure, heart rate or heart rhythm change.

What is the purpose of this test?

The Tilt Table Test helps determine the cause of dizziness, lightheadedness, and fainting.

This information helps the Cardiologist determine the best treatment for your child.

How do I prepare my child for this test?

Your child should have nothing to eat or drink 4 hours before the procedure.

Your child will be asked to put on a hospital gown. Patches to monitor your child's heart rate will be placed on the chest. A blood pressure cuff will be placed on the arm.

Your child will be asked to lie on a table with his/her feet touching the end. A seat belt will be placed across the legs and at the waist. This will help stabilize your child when the table is tilted upright.

The test takes about 30 minutes to complete.