



## HEAD-UP TILT TABLE TESTING (HUTT)

### What it is

A tilt table test is used to evaluate the cause of unexplained fainting (syncope). Your doctor may recommend a tilt table test if you have had repeated, unexplained episodes of fainting. A tilt-table test may also be appropriate to investigate the cause of fainting if you've fainted only once, but another episode would put you at high risk of injury due to your work environment, medical history, age or other factors.

### Performance/Preparation

For a HUTT, you begin by lying flat on a table. Straps are put around your body to hold you in place. After about 15 minutes of lying flat, the table is quickly tilted to raise your body to a head-up position — simulating a change in position from lying down to standing up. The table will then remain upright for up to 45 minutes, while your heart rate and blood pressure are monitored. This allows doctors to evaluate your body's cardiovascular response to the change in position. You may be given an intravenous medications additionally (isoproterenol). Do not eat or drink for 2 hours prior to the test.

### Duration

The test lasts for 30-90 minutes depending on whether the second part (isoproterenol administration) is performed.

### Medications

Please take the medications as prescribed after consultation with your doctor.

### Driving

There are no restrictions to driving after a tilt-table test unless you have fainted. It is recommended you do not drive if you have fainted and arrange for someone to bring you home.