

## Upright TILT test

The purpose of the examination is to investigate the cause of the patient's dizziness while lying down and in an upright position.

The examination usually takes about 2 hours.

### Preparation for examination

Before the study, you must be:

- **4 hours** without eating
- **4 hours** without coffee, tea, cola drinks and energy drinks
- **1 day** without alcohol
- without smoking on the day of the test

You may drink a little water.

Try to get a good night's rest the night before.

Avoid heavy physical activity for 2 hours before the examination.

If you have **type 1 diabetes**, ask the referring doctor how you should prepare for the test.

Take your medicines as usual. Bring your prescriptions or a list of your medicines with you to the test.

### Examination

At the beginning of the examination, you will lie down on a bed and rest for 10 minutes. Then, the bed will be tilted to an upright position for about 40 minutes. A physician will oversee the test.

Your blood pressure and ECG are monitored during the test.

### Other things to note

Please take your health insurance card (Kela card) or identity card with you.

Your attending physician will inform you of the test results. Please contact the unit responsible for your care if you do not already have a scheduled appointment or a phone consultation with your doctor.

Please contact your examination location as soon as possible, if you cannot attend your scheduled appointment, or if you fall ill with a respiratory infection (e.g. the flu) or some other acute illness. The examination cannot be performed until about two weeks after you have recovered from the respiratory tract infection.

You will not be charged for the examination separately. Cancel the appointment if you cannot come. If you do not cancel, you will be charged a fine.

