

Active Stand Test/10 Minute Stand Test/Poor Man's Tilt Table Test

What is it?

The 10-minute stand test is used to diagnose POTS. The test involves lying down for a 5-10 minutes while heart rate and blood pressure are recorded. After standing up, further recordings of heart rate and blood pressure are taken over the following 10 minutes.

What does a positive test look like?

POTS can be diagnosed a couple of ways:

If the heart rate is greater than 120 beats per minute at any point while standing, POTS might be indicated. Adults age > 19, an increase in heart rate of 30 beats per minute or more between laying and standing may indicate POTS. Children and teens age <19, an increase in heart rate of 40 beats per minute or more when standing, it may be POTS.

What are the risks?

A Stand Test is generally safe. Complications are rare. But, as with any medical procedure, it does carry some risk. Potential complications of a poor man's tilt table test include:

Weakness that can last several hours, Syncope/passing out when standing, Continued low blood pressure after the test. These complications usually go away after testing.

How should I prepare?

Medication: Unless specifically instructed by your provider, do not take any of the following blood pressure medications on testing day or the day prior: metoprolol (Toprol/Lopressor), carvedilol (Coreg), atenolol (Tenormin), propranolol (Inderal), labetalol (Normodyne), betaxolol (Kerlone), bisoprolol (Ziac), nadolol (Corgard), acebutolol (Secral), timolol (Blocadren), diltiazem (Cardizem/Dilacor/Tiazac), verapamil (Calan), nitroglycerin (Nitro, Nitrostat, Nitrolingual, NitroDur, NitroBid), isosorbide dinitrate (Isordil, Dilatrate, BiDil), or isosorbide mononitrate (Imdur, Ismo, Monoket).

Fast: Do not eat during the 6 hours prior to your appointment time. Doing so will cause your test to be rescheduled. You are allowed to drink sips of water or juice during your fasting period. If you have diabetes, you can decide when to take your medications based on your eating schedule, so please bring them with you.

Clothing: Wear comfortable clothing for the test. You'll be lying down then stand upright, so choose something that allows for easy movement and won't restrict blood flow. Do not wear any compression garments.

Avoid caffeine and alcohol: It's usually recommended to avoid caffeine and alcohol for 24 hrs before the test as they can affect your blood pressure and heart rate.

Arrangements: Arrange for someone to accompany you to the test and drive you home afterward, especially if you might feel lightheaded or dizzy afterward.

Hydration: While fasting before the test, it's important to stay hydrated. Drink plenty of water unless instructed otherwise by your doctor. Do not drink more than 2.5 liters the day before your test. Do not overindulge in sodium the day before. If you eat a large ham dinner, it might alter the test results.

Medical history: Be prepared to provide detailed information about your medical history, including any past cardiovascular issues, medications you're taking, and any symptoms you've been experiencing.

Questions: Don't hesitate to ask your provider any questions you have about the test, its purpose, or what to expect during and after the procedure. It's important to feel informed and comfortable before undergoing any medical test or procedure.