

48 hour Flat Test Instructions

Purpose: The 48 Hour Flat Test will help your doctor to determine the extent to which your headache has a “postural component” in which symptoms improve or worsen in response to body position (horizontal vs vertical). Different head pain syndromes can worsen or improve when lying down or sitting/standing for prolonged periods. This information can provide critical clues to the cause and treatment of these conditions.

Method: This test requires that you spend 48 hours flat in bed, positioned with your head no higher than your hips. That means no pillow when you are on your back, but you can use one when laying on your side. Sitting up, even a little, can produce confusing results. Eat in bed and only get out of bed to go to the bathroom and then get back in bed. It is ok to lift your head BRIEFLY to sip water or eat, but the goal is remain completely flat as much as possible during the test.

Patients usually do this in the following way:

- Friday night record your baseline symptoms **before** getting in bed and getting flat. Be sure to write down a number (0=no headache, 10=most severe headache) and any other symptoms you experience such as nausea, ringing in the ears, vision problems, etc.
- Saturday morning get up and go to the bathroom and get back into bed and remain flat.
- Continue in bed until Sunday at 5 pm; then record your symptoms again **before** getting out of bed and sitting or standing.
- Sunday night at 8 pm **after** being upright for 3 hours record your symptoms again.
- Please try a 48 hour flat test as described above and show the results to your doctor. Remind him/her to include them in your referral to a CSF Leak treatment program.

Name
Phone

Date of Birth
Date of test

Stanford University 48 Hour Flat Test: **Immediately BEFORE starting test:**
When were the following numbers recorded (Check one):

- Immediately **before** starting flat test
- After** 48 hours being flat but **before** getting up at end of test
- 2-3 hours **after** getting up at end of test and **after** 48 hours being flat
- Other

For each symptom “0” means that symptom is not present and “10” means it is severe. Circle the number that reflects that symptom severity **at that moment in the test**, i.e. not your average or typical symptoms.

No Head pain
 or Pressure

0 1 2 3 4 5 6 7 8 9 10

Severe Head Pain
 or Pressure

9 10

No Neck pain
 or Stiffness

0 1 2 3 4 5 6 7 8 9 10

Severe Neck pain
 or Stiffness

9 10

No Nausea

0 1 2 3 4 5 6 7 8 9 10

Severe Nausea

9 10

No Difficulty with thinking,
 thinking concentration, or memory

0 1 2 3 4 5 6 7 8 9 10

Severe Difficulty with
 concentration, or memory

9 10

No Tinnitus
 (ringing/buzzing in the ears)

0 1 2 3 4 5 6 7 8 9 10

Severe Tinnitus
 (ringing/buzzing in the ears)

9 10

No Fatigue

0 1 2 3 4 5 6 7 8 9 10

Severe Fatigue

9 10

Name
Phone

Date of Birth
Date of test

Stanford University 48 Hour Flat Test: **48 hours AFTER** being flat and **BEFORE** getting up

When were the following numbers recorded (Check one):

- Immediately **before** starting flat test
- After** 48 hours being flat but **before** getting up at end of test
- 2-3 hours **after** getting up at end of test and **after** 48 hours being flat
- Other

For each symptom “0” means that symptom is not present and “10” means it is severe. Circle the number that reflects that symptom severity **at that moment in the test**. It is not your average or typical symptoms

No Head pain or pressure
or Pressure

0 1 2 3 4 5 6 7 8 9 10

Severe Head Pain
or Pressure

No Neck pain
or Stiffness

0 1 2 3 4 5 6 7 8 9 10

Severe Neck pain
or Stiffness

No Nausea

0 1 2 3 4 5 6 7 8 9 10

Severe Nausea

No Difficulty with thinking,
thinking concentration, or memory

0 1 2 3 4 5 6 7 8 9 10

Severe Difficulty with
concentration, or memory

No Tinnitus
(ringing/buzzing in the ears)

0 1 2 3 4 5 6 7 8 9 10

Severe Tinnitus
(ringing/buzzing in the ears)

No Fatigue

0 1 2 3 4 5 6 7 8 9 10

Severe Fatigue

Name
Phone

Date of Birth
Date of test

Stanford University 48 Hour Flat Test: **2-3 hours AFTER getting up**
When were the following numbers recorded (Check one):

- Immediately **before** starting flat test
- After** 48 hours being flat but **before** getting up at end of test
- 2-3 hours **after** getting up at end of test and **after** 48 hours being flat
- Other

For each symptom “0” means that symptom is not present and “10” means it is severe. Circle the number that reflects that symptom severity **at that moment in the test**. It is not your average or typical symptoms

No Head pain or pressure
or Pressure

0 1 2 3 4 5 6 7 8 9 10

Severe Head Pain
or Pressure

No Neck pain
or Stiffness

0 1 2 3 4 5 6 7 8 9 10

Severe Neck pain
or Stiffness

No Nausea

0 1 2 3 4 5 6 7 8 9 10

Severe Nausea

No Difficulty with thinking,
concentration, or memory

0 1 2 3 4 5 6 7 8 9 10

Severe Difficulty with thinking
concentration, or memory

No Tinnitus
(ringing/buzzing in the ears)

0 1 2 3 4 5 6 7 8 9 10

Severe Tinnitus
(ringing/buzzing in the ears)

No Fatigue

0 1 2 3 4 5 6 7 8 9 10

Severe Fatigue

