

TILT TABLE TESTING



PATIENT NAME: _____

APPOINTMENT DATE: _____ **APPOINTMENT TIME:** _____

Please note, you should allow 1 - 2 hours for completion of this test.

PURPOSE: The Tilt Table test is most commonly performed because you may be having episodes of dizziness, light headedness or you may have passed out (fainted). The symptoms may have been caused by a sudden drop in blood pressure, heart rate or heart rhythm change. The Tilt Table test is a means of gathering further information to enable the Cardiologist to make an accurate diagnosis of the symptoms you are experiencing.

PROCEDURE:

1. You will be asked to remove all your clothing from your waist up and put on a gown.
2. A highly trained technician will place electrodes onto your chest and an automatic blood pressure cuff secured on your arm.
3. You will lie on a table with your feet touching the end. Straps are then placed and secured around your knees and chest area. This will support and stabilize you on the table as the table is tilted upright. (Your arms will not be strapped down.)
4. Baseline heart rate, rhythm and blood pressure readings are done while you lie flat for 5 minutes.
5. After the baseline readings, the table is slowly tilted upright until you are standing at an 80-degree angle. Again, readings are obtained every minute.
6. The average test will take 1 -2 hours to complete.
7. It is very important that you inform the nurse immediately if you start experiencing any symptoms of light headedness, dizziness, weakness, hot or flushed feelings, etc.)
8. Be aware, that you may briefly pass out during the test. Don't be afraid. We are trying to reproduce what has occurred in real life. You will always be monitored throughout the test. If you have symptoms or your blood pressure or heart rate drops to a significant degree, the test will be stopped.
9. Sometimes, the Cardiologist will order the second part of the Tilt Table Test. It is exactly like the first part, except you will have an I.V. (intravenous) inserted into an arm vein. Through this a medication, called Isuprel is infused. This medication is designed to increase your heart rate to about 20



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beats above your resting heart rate. The medication is carefully adjusted and monitored throughout the test.

10. The results of your test will be carefully reviewed and interpreted by the Cardiologist.

INSTRUCTIONS:

1. It is important that you are on time for your test. If you need to cancel, please call:_____.
2. Do not eat or drink past midnight before your test. If your appointment is scheduled in the afternoon, you may have clear juices, plain Jello and clear broth, and 7-up, sprite or water before 6 AM.
3. You may take your medications the day of the procedure with a small sip of water.
4. Plan to have someone else drive you home following the procedure.