

WHAT IS A TILT-TABLE TEST?

A tilt-table test will help to determine the cause of your lightheadedness, dizzy spells or fainting episodes. The tilt-table test tries to duplicate symptoms you have experienced under controlled conditions. To do the test, you will be placed on a table and the table will be moved upright so that you are standing. You will be closely monitored for changes in your blood pressure and heart rate. Safety straps will be fastened across your chest, waist and legs. If you experience any symptoms such as nausea or dizziness, let the medical assistant and/or physician immediately.

PREPARING FOR YOUR TILT-TABLE TEST

- A recent office note from the referring physician will need to be sent to Healing Hearts prior to the procedure.
 - Do not eat or drink anything for two (2) hours prior to the start of the procedure.
 - Take your medications as directed with small sips of water.
 - Bring your medications with you to the office.
 - It is recommended that you bring a driver with you.
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WHAT HAPPENS DURING THE TILT-TABLE TEST?

- Before the procedure, you will be given an explanation of the test and the asked to sign a consent form.
- Electrodes will be placed on your chest and connect by wires to a monitor, which allows for a continuous readout of your heart rhythm.
- A blood pressure cuff will be applied to your arm to take blood pressure and heart rate every minute during the test.
- A medical assistant will insert an intravenous catheter into your hand or arm.
- A physician will be on site during your test and a medical assistant will supervise your test.
- You will be placed on a table with your feet touching the foot rest. Then you will be strapped in place with straps across your legs, chest and waist.
- Your blood pressure will be taken prior to the start of the test, then the table will be placed at a 70° angle to mimic or simulate standing.
- If you experience any dizzy spells, lightheadedness or symptoms for which the test is being done, let the medical assistant know.

- If no symptoms occur with the allotted time frame, you may have some nitroglycerin placed under your tongue to see if that will cause the symptoms to occur.
- The procedure last approximately 30 minutes.

POST PROCEDURE INSTRUCTIONS

- If no symptoms occur, you will be discharged as soon as possible.
- If symptoms occur during the test, the table will be placed back in supine position, fluids will be administered, and your symptoms would resolve very quickly.
- Your blood pressure and vital signs will be monitored post procedure until they are stable.

WHEN WILL I KNOW THE RESULTS OF MY TILT TABLE TEST?

- The final interpretation of the test will be completed by the cardiologist.
- The cardiologist will tell you the results before you are discharged from the office for tests ordered by Healing Hearts. If your primary care physician ordered the tests, results will be sent to him/her.