

INFORMATION FOR YOUR TILT-TABLE TEST

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 nurse know.

PREPARING FOR YOUR TILT-TABLE TEST

- Prior to the test date, within two days, all women under the age of 50 will have a pregnancy test.
- A recent office note from the referring physician will need to be sent to Coulis Cardiology prior to the procedure.
- You will need to be at the office a half-hour prior to the start of the procedure.
- Do not eat or drink anything for eight hours prior to the procedure.
- Take your medications as directed with small sips of water.
- Bring your current medications with you to the office.

WHAT HAPPENS DURING THE TILT-TABLE TEST?

- Before the procedure, you will be given an explanation of the test and then asked to sign a consent form.
- Electrodes will be placed on your chest and connected 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 your blood pressure and heart rate every minute during the test.
- A nurse will insert an intravenous catheter into your hand or arm.
- A nurse 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 nurse know.

WHAT HAPPENS DURING THE TILT-TABLE TEST? (CONT.)

- If no symptoms occur within about 30 minutes, you may have some nitroglycerin placed under your tongue to see if that will cause the symptoms to occur.
- The procedure lasts approximately 45 to 60 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 the supine position, fluids will be administered, and your symptoms should 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 results will be completed by the cardiologist.
- The cardiologist will tell you the results before you are discharged from the office for tests ordered by Coulis Cardiology. If your primary medical doctor ordered the test, results will be sent to him or her.