

Tilt Table Testing

Your cardiologist is requesting for you to be scheduled for a Tilt Table Test. One of our hospital procedure coordinators will be contacting you within the next 48 hours to interview and schedule a procedure date for you. Please have this packet available for your phone call as they will also review the attached instructions with you at that time and answer any questions you may have. Should you need to contact our scheduling department, please call the main number, 609-584-1212 and ask to speak with the procedure scheduling department.

PROCEDURE LOCATION: SFMC

PERFORMING: Dr. Caplan Dr. Wjasow Dr. Sanyal

DATE: _____

FOLLOW UP APPT: at the Madison Office

Dr. Caplan Dr. Wjasow Dr. Sanyal

Date: _____ Time: _____

TILT TABLE TEST

A Tilt Table Test is used to evaluate the cause of unexplained fainting (syncope) or lightheadedness. The goal is to trigger your symptoms during close monitoring. The test is performed in the hospital, under the direct supervision of your doctor and specially trained nurses. You will be awake during the test, which lasts about 90 minutes and involves 2 phases. During the test, you will be asked to lie flat on a special table that can change positions. For this reason, straps like a seat belt will be applied to your waist and knees to keep you in position on the table. You will be connected to continuous heart rate and blood pressure monitoring. An intravenous line (IV) will be inserted.

During the first phase of testing, the table will be stood up, or tilted, so that your body is raised to a head-up position, simulating a change in position from lying down to sitting up. You will be monitored for up to 45 minutes during this phase. The test is normal if

your average blood pressure remains stable and your heart rate increases by a normal amount as the table changes your position.

Depending on the results of the first phase of the test, you may proceed to the second phase, which involves the administration of medication either through the IV or under the tongue to speed up your heart rate. The medicine will stimulate stress and may make you feel as if you are exercising, and may make you more sensitive to the tilt table than you were at rest during phase one.

There are very few risks to this procedure. The most common is fainting and this passes quickly when the treatment is ended by lying the table down, in a safe environment under the direct supervision of the doctor and nurses. You may receive your results as soon as the test is complete.

Before the Tilt Table Test

You will need to fast after midnight the morning of your procedure. If you are diabetic you will not be permitted to take your diabetic medications the morning of the TTT. You will not be permitted to drive yourself home after the procedure.

The hospital will call to confirm your appointment the evening prior to your procedure.

Discharge Instructions

You may resume most of your normal activities following the procedure; the only restriction is driving due to the use of anesthesia. You may resume driving the next day.

Thank you for allowing Hamilton Cardiology to participate in your care. Your cardiovascular health is our priority. Please contact the office for any further questions or concerns.