



## **Peak Cardiology, P.A.**

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CARDIOLOGY

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### **Tilt Table Test Patient Information**

Name: \_\_\_\_\_ Location: Wake Med Cary/Rex Hospital

Appt. Date: \_\_\_\_\_ Appt: Time \_\_\_\_\_

#### **Purpose**

The tilt test is used to help diagnose recurrent or unexplained light-headedness or fainting spells (syncope). The test can determine if a patient has vasovagal syncope, a malfunction of nerves that causes the heart to slow down and blood pressure to drop with change in position.

#### **Length of Test**

Allow about 1 hour to prepare for the test, 1-2 hours to complete the test, and 1 hour to recover.

#### **Preparations**

- Do not eat or drink anything for five hours prior to the test.
- Wear a loose, comfortable, two-piece outfit.
- Ask your doctor which medications you can take on the morning of your test.
- Bring a list of all your medications, including over-the-counter medicines and herbal supplements.
- For women, schedule the test on a day when you are not menstruating.
- Please bring driver with you.

#### **Procedure**

- After placing IV line, you will be asked to lie on a special table.
- EKG electrodes and blood pressure cuff will be placed to monitor you continuously.
- Nurse will place Safety straps to secure you to the table.
- After obtaining your blood pressure and EKG while lying on the table, the table will move to tilt you to a various-degree angles. Table will be moved several times during the test.
- You will be continuously monitored for symptoms and for any change in your HR and BP.
- A doctor or nurse will be in the room at all times during the test.