

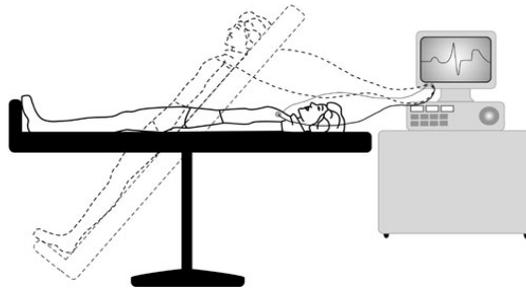


St. Luke's Heart Care Services Patient / Family Information

Tilt Table

What is a Tilt Table test?

A Tilt Table procedure is a testing procedure that may be used to evaluate a person who has symptoms of dizzy spells or fainting. When a person has symptoms of fainting, a doctor will carefully evaluate the person's past medical history and will perform a physical. If the physical and medical history does not explain a reason why a person is having fainting problems, then testing such as a Tilt Table will be considered.



Why do I need a Tilt Table test?

A doctor may order a Tilt Table test if you have had problems with fainting or dizziness and other possible causes have been ruled out by other testing.

Possible causes of fainting:

- **Vasovagal Syndrome:** a sudden drop in blood pressure with or without a decrease in heart rate that is caused by a problem with the nerves controlling the heart and blood vessels.
- **Arrhythmia (Dysrhythmia):** a heart rate that is too fast, too slow, or too irregular to maintain good blood flow to the body.

Where is a Tilt Table test performed?

Tilt Table tests are performed in special procedure rooms located on the 4th floor of the Nassif Heart Center.

How long does a Tilt Table test take?

A Tilt Table test takes 30 to 60 minutes to complete.

What should I expect before the test?

- Instructions on medications, blood tests, and any other testing that is needed, will be provided by your heart doctor's office.
- Do not eat or drink anything at least 8 hours before your procedure
- The St. Luke's Heart Center will attempt to contact you the day before your procedure to remind you of your arrival time and will also answer any questions that you might have.

What should I expect the day of the test?

- You will be asked to arrive at the hospital 2 hours before your procedure in order to prepare you for your Tilt Table.

- Fluids will be given to you through an IV that will be started.
- Wear a comfortable pair of shoes to the hospital; you will be standing upright in one place for possibly more than 30 minutes.

What should I expect during the test?

- You will be brought to a dark and quiet testing room where a nurse will watch your heart rate and rhythm, blood pressure, and oxygen level with monitoring equipment. The nurse caring for you will be close by at all times.
- Your body will be strapped to a special table that will tilt you from a lying position to a standing position. The straps keep you from falling down if you pass out.
- The heart doctor or nurse may give you medications under your tongue or through your IV during the testing. The medications may make you feel shaky and anxious, but you will remain safe throughout the entire test.



What should I expect after the test?

- If you pass out during the test (positive test), please anticipate having someone else drive you home.
- The heart doctor will discuss the results of the test with you and any family members that are with you after the test is finished.
- Treatments and instructions will be provided to you before you are allowed to leave the hospital.
- Please plan on remaining in the recovery area from 1 to 2 hours following your test.

Outpatient Instructions:

The heart doctor that ordered the test for you will call St. Luke's to schedule the procedure. You will be pre-registered for the test so you will not have to register at the Outpatient Registration Desk. Please bring a list of your medications that you are currently taking to the Heart Center on the day of your procedure.

Name: _____

Exam Date and Time: _____

Please contact the St. Luke's Heart Center at (319) 369-7400 if you have questions regarding your procedure.