



Examination Information

Tilt Table Test

Introduction

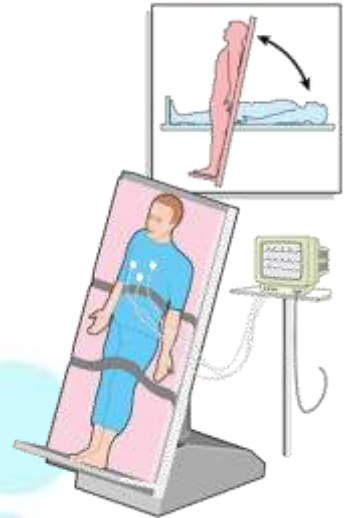
Tilt table test is used to diagnose a condition called vasovagal syncope (common faints). It is a disease of the autonomic nervous system. The mechanism is a sudden drop of blood pressure or heart rate, in response to adrenergic stimulation.

Outcomes

Tilt table test is a method in diagnosing vasovagal syncope. Once the diagnosis is confirmed, specific treatment can be considered. Without doing this examination, it may be difficult to identify the cause of the symptoms.

Procedures

1. You lie down on the tilt table in a horizontal position and are secured with restraining straps.
2. The blood pressure and electrocardiogram are monitored regularly.
3. After a period of time, you are tilted up to a nearly vertical position. You are required to keep this position by standing on a footboard.
4. If you develop symptoms like dizziness, syncope or blood pressure drop, the bed will then be returned to the horizontal position and the examination will be stopped. You should recover quickly.
5. If you do not develop these signs and symptoms, you may be administered a fixed dose of nitroglycerine sublingually in an upright position. You may experience temporary headache or nausea afterwards.
6. The test lasts for about 90 minutes.



Source:

<https://www.advancedcardiovascular.org/services-williamsburg/cardiac-diagnostic-testing/tilt-table-testing/>

Possible Risks and Complications

1. Transient cessation of heart rhythm

** The risks listed above are in general terms and the possibility of complications is not exhaustive. Please understand that even though all examinations are carried out with utmost professionalism and care this does not rule out the possibility of complications arising.

Pre-examination Preparations

1. The procedures and possible complications will be explained by the doctor and a consent form must be signed prior to the examination.
2. Please inform the doctor and nurse all your past medical history, previous surgical operations, current medication and any complication with drug or anaesthesia.
3. Please inform the doctor and nurse if you have any of the following before the test:
 - Pregnancy
 - Left ventricular outflow obstruction or hypertrophic cardiomyopathy
 - Cerebrovascular disease (strokes or brain haemorrhages in the past)
 - Mitral stenosis
 - Heart, renal or liver failure
4. No food or drink four to six hours before the examination.
5. The test is usually performed as an outpatient or inpatient procedure.
6. You should stop taking drugs as instructed by the doctor. (if applicable)
7. You should be accompanied by relatives or friends.
8. Please change into surgical gown after taking off all clothing including undergarments, dentures, jewellery and contact lenses.
9. Please empty your bladder before the examination.

Post-examination Instructions

1. Please rest for 20 – 30 minutes after the examination before discharge.
2. You can resume diet whenever you feel well.
3. Please consult the doctor for resuming the drug which has been withheld for the examination.

Should there be any enquiries or concerns, please consult the attending doctor.

Under the professional care of the doctor, you will gradually recover. We wish you all the best during your treatment and recovery.

If you have any questions after reading the entire leaflet, please write them down in the spaces provided in order for the doctor to further follow-up.

Compiled by Union Hospital Operating Theatre (OT) Governance Committee

The above information is for reference only, please enquire your physician for details
Our Hospital reserves the RIGHT to amend any information in this leaflet without prior notification