

Tilt table test

Patient information

What is it?

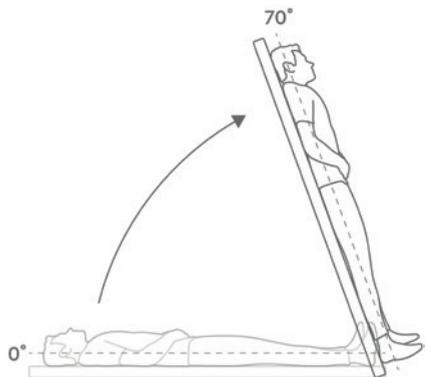
A tilt table test is used to determine whether people with low blood pressure are susceptible to fainting or near fainting, or other abnormalities such as lack of blood pressure control.

What should I expect?

The entire procedure may take up to one hour, including preparation and debriefing after the test. We will ask you to lie on a specialised tilting bed. As a safety measure, we will place an intravenous catheter in your arm. This is mandated by Medicare regulations, and may be used for administration of medication if you need it during the test. Small metal discs called ECG electrodes will be placed on your body and a blood pressure cuff will be placed on your arm.

The physician and the cardiac technologist/nurse will discuss the exact details and risks of the test with you. They may ask you to sign a consent form acknowledging that you understand the nature of this test, including its purpose and possible outcomes.

To start the test, we tilt the bed to an upright position (70° from horizontal) for several minutes while we monitor your pulse and blood pressure.



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The bed may be brought back to a horizontal or flat position before the second part of the test, which often involves medication. The medication is delivered as either as a spray under your tongue or continuously through the IV line. The choice of medication depends on your age and clinical condition.

Following the medication, we will tilt the bed again to the upright position for a number of minutes.

- Your electrocardiogram (ECG) will be continuously monitored throughout the test and your pulse and blood pressure will be frequently recorded
- Any symptoms will be noted
- If a definite diagnostic change occurs, the test is immediately stopped. We will stop all medication and return the bed to a flat position. We will ask you to lie with your legs raised until any symptoms pass

If you reach the required duration of the test without any symptoms, the test will be completed.

Preparation

Prior to your test, do not eat any food or drink any fluids for at least one hour.

Ask your physician if you can take your medications as usual prior to the test. Most medications should be continued as prescribed, but you may be asked to cease certain medications that may interfere with the test.

What happens after the test?

The results will be discussed with you immediately following the test and a comprehensive report will be sent to your doctor.

- We advise that you do not drive a motor vehicle immediately after your test
- You may feel weak and tired following the test, so do not schedule a heavy day at work that day
- You may eat and drink as normal immediately following the test

Bookings

This test is only available in Melbourne with appointments made through our **Balwyn centre (Tel: 03 9813 7900)**.

For more information:

genesiscare.com/tilttable

