



Health & Wellness

A Guide To A Tilt Table Study

This pathway, or path, is similar to a road map, which leads to your recovery.

**This pathway uses research and medical experience to put the best care
into a day to day guide to help you recover.**

This path will:

- Help you and your family understand your diagnosis and what to expect during your hospital stay.
- Serve as a guide to your recovery.
- Change to meet YOUR special needs.
- Prepare you and your family for discharge from the hospital.

We will keep you and your family informed, as you recover.

Thank you for allowing us to provide care for you and your loved one.

Please let us know if there is anything else we can do for you.

About The Procedure

- Your doctor has determined that you need a Tilt Table Study.
- A Tilt Table Study is used to evaluate and manage a common type of syncope referred to as “Vasodepressor Syncope”. Syncope is a medical term that is used to describe “passing out” and is a frequent reason that patients go the Emergency Department or are admitted to the hospital.

Before Your Tilt Study	
Information	<ul style="list-style-type: none"> ▪ If you are an outpatient, your doctor’s office will confirm the time that you should arrive at the hospital. Report to the registration desk at that time. ▪ You will be asked to read and sign a consent form. ▪ Bring ALL medicine that you are currently taking. ▪ Tell the nurse if you have any allergies or if you might be pregnant. ▪ Up to <u>2</u> family members may stay with you until it is time for your test. ▪ A Tilt Table Study takes at least 1-2 hours but the time varies. Exact start times are hard to predict. We try to begin your test on time but doing a thorough test is important to you and us. Be assured that a delay means good care for you and other patients.
Diet & Comfort	<ul style="list-style-type: none"> ▪ Get a good night’s sleep. ▪ Do not eat or drink anything after midnight unless otherwise instructed by your doctor. ▪ If you are an outpatient, take your usual medications with sips of water unless otherwise instructed by your doctor. ▪ You may wear your own pants and shoes with a hospital gown. ▪ You may wear your dentures, hearing aids and glasses. ▪ Leave belongings and valuables at home. ▪ Use the restroom just prior to being taken to the EP (Electrophysiology) lab.
Tests/Procedures	<ul style="list-style-type: none"> ▪ An intravenous (IV) catheter will be started in your hand or arm so fluid and medicine can be given as needed. ▪ An Electrocardiogram (EKG) may be done. ▪ Bloodwork may be drawn including a pregnancy test if you have childbearing potential. ▪ A brief physical exam will be done. ▪ You will be taken to the EP lab on a cart.

	During Your Tilt Study	After Your Tilt Study
Information	<ul style="list-style-type: none"> ▪ Your family will go with you to the Electrophysiology (EP) Department and wait in the waiting room. ▪ A staff member will remain with you during the tilt table study. 	<ul style="list-style-type: none"> ▪ You and your family will be taken back to your nursing unit or the recovery area. ▪ You may also be discharged directly from the EP Lab.
Diet & Comfort	<ul style="list-style-type: none"> ▪ You will lie on a flat table with your feet against a footboard. The table will be moved to an upright position several times during the test. ▪ Tell your nurse if you are having pain, discomfort or shortness of breath.. 	<ul style="list-style-type: none"> ▪ You may eat your regular diet.
Tests/Procedures	<p><u>The nurse will apply:</u></p> <ul style="list-style-type: none"> ▪ Small EKG pads (electrodes) on your chest so the staff can watch your heart rhythm. ▪ A blood pressure cuff on your arm that automatically inflates and deflates during the procedure. Another blood pressure cuff will be inflated and deflated by the staff. ▪ A Velcro strap around your waist to ensure safety while the table is moving. <p><u>About the procedure:</u></p> <ul style="list-style-type: none"> ▪ The first part of the test is done without medicine and takes 30 minutes. ▪ During the second part of the test, a medicine may be given in your IV. This medicine will make you feel jittery, like your heart is racing. Or you may get a small pill under your tongue. This part of the test takes 10 minutes. ▪ Keep your knees straight but do not lock your knees. ▪ Tell the staff how you are feeling and if you are having any of the signs that brought you to the hospital. ▪ The most common discomfort from this test is fatigue. 	<ul style="list-style-type: none"> ▪ All equipment will be removed shortly after the test. ▪ If you are going home the same day, your IV will be removed just prior to leaving.

Discharge Information

- Your nurse will review any specific home-going instructions with you.
- Have someone available to drive you home after the test.
- An electrophysiologist (a doctor who specializes in the electrical activity of the heart) will evaluate your test results and send a report to the ordering doctor.
- The ordering doctor will then contact you about your test results and treatment options.
- If the doctor who ordered the tilt test starts you on a new treatment and it is effective, your symptoms should improve within 2-4 weeks.
- Call the doctor who ordered the test or their office if you have questions or concerns.

Notes...
