

TILT-TABLE TEST

Patient Instructions Prior to the Procedure

1. You have been scheduled for a Tilt-Table Test. It involves lying down strapped to a motorized table that tilts upright while your electrocardiogram (ECG), heart rate and blood pressure are monitored. The purpose of your test is to determine a possible cause for lightheadedness or fainting.
2. It is necessary that you **do not eat during the 6 hours prior to your appointment** time. Doing so will cause your test to be rescheduled. You are allowed to drink sips of water or juice during your fasting period. If you have diabetes, you can decide when to take your medications based on your eating schedule, so please bring them with you.
3. Unless specifically instructed by your doctor, **do not** take any of the following blood pressure medications on testing day or the day prior: metoprolol (Toprol/Lopressor), carvedilol (Coreg), atenolol (Tenormin), propranolol (Inderal), labetalol (Normodyne), betaxolol (Kerlone), bisoprolol (Ziac), nadolol (Corgard), acebutolol (Secral), timolol (Blocadren), diltiazem (Cardizem/Dilacor/Tiazac), verapamil (Calan), nitroglycerin (Nitro, Nitrostat, Nitrolingual, NitroDur, NitroBid), isosorbide dinitrate (Isordil, Dilatrate, BiDil), or isosorbide mononitrate (Imdur, Ismo, Monoket).
4. We recommend you wear a loose, **2-piece outfit**. Please refrain from applying lotion or powder to your chest on test day. For women, refrain from wearing an under wire bra on the day of your test.
5. When you arrive for your appointment, you will first complete a medical history and consent forms. The technologist will attach adhesive leads to your chest and hook you up to an ECG machine. A nurse will insert an intravenous (IV) line in your arm. Your doctor may or may not insert an arterial line (similar to IV) in your wrist.
6. We will record your blood pressure and heart rate before, during and after the procedure. A small dose of IV medication that transiently increases the heart rate may be administered during the test. You will continue to be monitored until you have recovered from the test.
7. **The entire test will take approximately 90 minutes.** You may drive your car home after the procedure.
8. If you have any question prior to or after the procedure, please call the office at (805) 540-2081.



Test Date & Time: _____

Test Location: _____