

Instructions for a Tilt Table Test:

1. You must check in at the hospital front desk 45 minutes before your scheduled procedure.
2. Do NOT eat or drink anything 4 hours prior to your appointment.
3. Take all of your medications as prescribed. Unless otherwise instructed by your physician.
4. If you are a diabetic please call The Heart and Wellness Institute for special instructions.
5. Wear comfortable clothing.
6. It is best NOT to wear jewelry or valuables.

Tilt Table Testing

If you have any questions about this procedure and wish to speak to Dr. Manohar please call The Heart and Wellness Institute at (616) 719-5939.

Frequently Asked Questions

What is a Tilt Table Test?

A Tilt Table Test involves lying on a bed with a footboard and being tilted at different angles for certain periods of time.

Why do I need a Tilt Table Test?

A Tilt Table Test is used to evaluate the cause of unexplained fainting spells or severe lightheadedness. The procedure is also used to evaluate heart rhythm, blood pressure, and symptoms with change of position.

How long does a Tilt Table Test usually take?

A Tilt Table Test usually takes approximately 1 hour, but plan to spend 3 hours from the time you arrive through the time that you leave.

Can I drive myself home after the procedure?

It is best to bring a driver to the test. Although you are usually able to drive yourself home, depending on your symptoms after the test, Dr. Manohar might recommend your designated driver take you home. On rare occasion you may need to stay in the hospital.

The Tilt Table Test:

First, you will be asked to sign a form that gives the doctor permission to do the test. Then, you will lie on a special bed with a foot-board and a motor that allows your doctor to tilt the bed at different angles. A nurse will start an intravenous line (IV) in your arm to give you medications and/or fluids during the procedure. The nurse will connect you to monitors (for monitoring the electrocardiogram, blood pressure, and any heart rhythm changes). You will be awake but asked to lie calmly and keep your legs still. The goal will be to reproduce your symptoms and see how your heart rate, rhythm, and blood pressure respond. You may feel no symptoms at all; you may feel lightheaded, dizzy, nauseous, palpitations, blurred vision, or you may faint, however, you will be continuously monitored and under constant medical care and supervision. It is important to tell Dr. Manohar any symptoms that you experience.

To begin you will lie flat. Then you will be tilted. After being tilted for 20 minutes you will receive 1 spray of Nitro-Spray in your mouth and continue to be tilted, this may be repeated. During this process your blood pressure and heart rate will be checked frequently. Remember to report any symptoms to Dr. Manohar. If you pass out you will lie down (without a tilt) right away. If you have no symptoms you will be monitored for a little while longer.

After your procedure Dr. Manohar will go over the results of your test and she will tell you if you are able to return home or under rare circumstances will need to stay at the hospital.

