



## Procedure Information – Tilt-Table Test

Visit No.: Dept.:  
Name: Sex/Age:  
Doc. No.: Adm. Date:  
Attn. Dr.:  
Patient No.: PN

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*Please fill in /  
affix patient's label*

### Introduction

Patients may have unexplained recurrent symptoms of dizziness or loss of consciousness. There are many causes. One common cause is vasovagal syncope, which is a disease of the autonomic nervous system. The mechanism is a sudden drop of blood pressure or heart rate or both, in response to adrenergic stimulation. Tilt-table test is used to diagnose vasovagal syncope. Patient lying on a stretcher will be tilted up to almost standing position. This, together with the use of drugs, can act as an adrenergic stimulation to provoke vasovagal syncope.

### Importance of Procedure

Tilt Table test is used in diagnosing vasovagal syncope. Once the diagnosis is confirmed, specific treatment can be considered. If you refuse this test, it may be difficult to understand the cause of your symptoms. There is no alternative test that is specific in diagnosing vasovagal syncope, although there are tests that may detect other causes of your symptoms.

### The Procedure

1. You need to lie down on the tilt table in a horizontal position.
2. You will be secured with restraining strap.
3. Nursing staff will monitor your electrocardiogram and blood pressure regularly.
4. After a period of time, you will be tilted up to a nearly vertical position. You may be required to keep this position by standing on a footboard, for few minutes.
5. If you develop symptoms like dizziness or syncope, or your blood pressure drop, we will immediately lie you down and stop the test. You should recover quickly.
6. If you do not develop these signs and symptoms, we may add intravenous adrenergic drug (usually isoprenaline) at increasing doses and repeat the test 2-3 more times. You may experience palpitation or nausea during intravenous infusion of drug.
7. Alternatively, we may administer a fixed dose of nitroglycerine to you sublingually in upright position before repeating the test. You may experience headache or nausea.
8. The examination room will be equipped with necessary equipment for emergency resuscitation.

### Possible risks and complications

- Transient cessation of heart rhythm
- The drugs infused may cause arrhythmia or heart attack.

### Before the Procedure

1. Your doctor will explain to you the reason, procedure and possible complications. You will need to sign a consent form.
2. The test is often performed as an outpatient procedure.
3. You have to omit drugs as instructed by your doctor.
4. Preferably you should be accompanied by relatives or friends.
5. Fasting for 4-6 hours before the test is necessary.
6. Intravenous line will be inserted.



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**After the Procedure**

You will be asked to rest for 20-30 minutes after the test before you are allowed to leave.

**Remarks**

1. This is general information only and the list of complications is not exhaustive. Other unforeseen complications may occasionally occur. In special patient groups, the actual risk may be different.
2. Should a complication occur, another life-saving procedure or treatment may be required immediately.
3. For further information please contact your doctor.

**Reference**

Hospital Authority – Smart Patient Website

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I acknowledge that the above information concerning my operation/procedure has been explained to me by Dr. \_\_\_\_\_. I have also been given the opportunity to ask questions and receive adequate explanations concerning my condition and the doctor's treatment plan.

\_\_\_\_\_  
Patient / Relative Name

\_\_\_\_\_  
Signature

\_\_\_\_\_  
Relationship (if any)

\_\_\_\_\_  
Date