

Getting ready for a Tilt Table Test

Hamilton General Hospital

Why am I having a Tilt Table Test?

You have been fainting, feeling dizzy or both. A Tilt Table Test is done to find the cause of your fainting or dizziness.

How do I get ready for the test?

Do not eat or drink anything from midnight the night before the test.

Take your regular medications in the morning with a small sip of water.

If you take medications for diabetes...

Oral:

- Do not take your oral diabetes medications the morning of your test.

Insulin:

- Long Acting Insulin: Reduce dose by $\frac{1}{2}$ (or 50%) before your procedure
- Short Acting Insulin: Do not take the day of your procedure

OR

Take your diabetes medications as instructed by the referring doctor.

Where do I have the test?

Arrive at the **Hamilton General Hospital**, 237 Barton Street East, Hamilton.
Go to Patient Registration **30 minutes** before your appointment time.

If you cannot walk a long distance, wheelchairs are located near the information desk at the main entrance.

- Bring your health card with you.
- Patient Registration will direct you to the 4th floor.
- Follow the signs to the Cardiac Care Unit (CCU) and wait in the Patient Lounge outside the entrance.
- A nurse will come and get you.

please turn over →

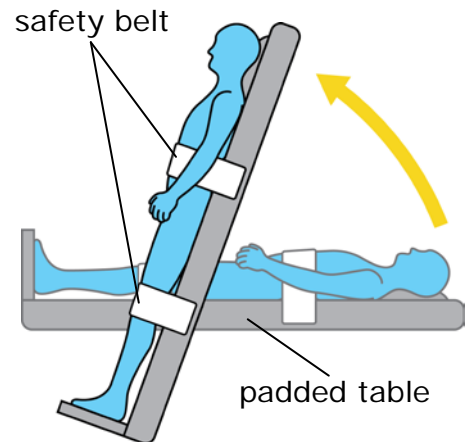
How is the test done?

Registered nurses are with you for the test. You will lie on a padded table. An intravenous (IV) line will be started in your arm. The IV is used to give you fluids and medications if needed.

You will be hooked up to an electrocardiogram (ECG) to monitor your heart. A clip will be put on your finger to monitor your blood pressure and your blood pressure will be taken many times during the test.

You will have a safety belt across your chest and legs. The table will tilt until you are almost standing.

If you do not feel faint or dizzy by then, a medication may be added to your intravenous or under your tongue. This medication may cause your heart to beat quickly and you may feel nervous and/or shaky. The test will continue for a short period of time.



How long does the test take?

Expect to be at the hospital for about 1 ½ hours.

When can I go home?

You can go home once your IV line is removed and the test is ended.

It is recommended you do not drive home after the test. You will need to arrange to have a family member or friend drive you home. After the test, an instruction sheet will be given to you to take home.