



## **TILT STUDY**

### **Patient Information**

Your physician has ordered a special test called a tilt study. This test can help the physician determine if abnormalities in the blood pressure regulating system may cause your fainting or dizziness.

#### **Preparation:**

This is a simple test. You may be asked questions regarding your health before the test begins. First you will lie flat on a special table. Electrodes or "patches" will be attached to your chest to monitor your heart rhythm during the entire procedure. An IV will be started in your arm to administer medications and fluids during the procedure if necessary. A blood pressure cuff will be applied to your arm to monitor frequent blood pressures during the test.

#### **Procedure:**

The test actually begins the minute you lie flat on the special table. You will be made secure on the table with soft straps. After a prescribed time of lying flat, the table is raised head upright to 70 or 80 degrees. This is almost totally upright. Your feet rest on a little platform, and the straps hold you securely.

You may be required to stand in this upright position for 20 - 30 minutes or longer. In the upright position, your blood pressure will be monitored closely and your heart is constantly monitored. The heart monitoring gives us a "video" of the electrical activity of your heart.

They also watch how you are acting, your color, and the symptoms you describe during the test. If you feel faint, please notify the physician. If a fainting episode occurs, documentation of data will be recorded, which will help in determining the cause of your fainting.

It may be necessary to administer a medication during the procedure, and then tilt the table again in order to fully evaluate your problem.

#### **Recovery:**

If you should faint while on the table, you will be lowered to the flat position and will recover within a short time. If an emergency event should occur, equipment and staff are available to deal with the event. After you have rested on the table for approximately 15 minutes, you will be re-evaluated to make sure that you are stable and safe to return home. The IV will be discontinued and you will receive further instructions.

The test usually lasts 30 - 60 minutes.

The results of the test will be available to your Primary Care Physician or the referring physician within 72 hours. In most cases you may go home or back to your room when the test is completed. The doctor may prescribe a new or additional medication, or recommend further testing.

The risks of this test will be explained fully before the test. Please feel free to ask questions. Our office phone number is: (419) 842-3000.