



PATIENT INFORMATION AND CONSENT FOR TILT TABLE TEST

AIM OF PROCEDURE

Tilt Table Test is performed to investigate loss of consciousness (syncope), to confirm diagnosis of vasovagal syncope when suspected or to test for an autonomic dysfunction state such as Postural Orthostatic Tachycardia Syndrome (POTS).

PREPARATION FOR THE TEST

This test is performed during your normal health. If you are unwell, please let the Practice know in advance so that your appointment rescheduled and the opportunity will be given to someone in the waiting list.

There is the likelihood of a blackout or fainting during this test. After the test, you may be tired.

Therefore, plan to take the whole day off work or school.

You may need to withhold some medication in order to make the test result more reliable. Please discuss this with the referring doctor or our practice

Avoid eating for 3 hours before the test. Drink water until 30 minutes before the test and keep yourself hydrated.

Avoid caffeine for 24 hours leading to the test.

Wear loose, comfortable clothing. It may be necessary to change to a hospital gown to allow attachment of ECG leads to the chest.

PROCEDURE

The test is conducted in a quiet room where only you, the Doctor and the Nurse are present.

An intravenous cannula will be inserted into one of your arm veins. This will be used for saline infusion if your blood pressure drops too much and takes long to recover.

ECG leads will be connected to your chest and a blood pressure cuff is attached to your arm.

You will be secured to the table for safety, with loose velcro straps. Feet will be resting on the footplate.

Baseline readings (symptoms, heart rate and blood pressure) are recorded while you are lying flat on the table.

Then, the table will be tilted (head-side up) to 70 degrees. You will be observed for up to 20 minutes in this position.

You are expected to report all symptoms you feel even if you may think they are trivial. They are recorded on a timeline on the computer.

In the second phase of the test, gentle pressure will be applied on the pressure sensors of your carotid arteries in the neck.

In the third phase, glyceryl trinitrate (GTN) sublingual spray is administered in order to relax blood vessels, thus creating more stress for the autonomic nervous system.

At any of these stages, the test could end if the necessary data are obtained

POTENTIAL COMPLICATIONS

Prolonged slow heart beat, pauses in heart beat and/or low blood pressure needing saline infusion, medication and/or CPR (extremely rarely)

Rarely, heart rhythm disturbances such as atrial fibrillation that usually revert to normal rhythm

Headache as a result of GTN administration

Prolonged severe fatigue after the test

PATIENT CONSENT FOR TILT TABLE TEST

I have understood the information provided to me regarding the procedure, preparation, benefits and potential complications. I have had the opportunity to discuss the any concerns and questions I have prior to the procedure.

Patient name: _____

Patient date of birth: _____

Patient signature: _____

Parent/Guardian's name: _____

Parent/Gurardian's signature _____

Doctor's signature: _____

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