

TILT TABLE TEST EATING INSTRUCTIONS

1113 S. State Street Suite #100

Dover, DE 19901

302-734-7676

If your test is at

8:00 a.m., 9:30 a.m. or 10:00 a.m.

- **Nothing to eat or drink after midnight
- **You may take your medication with a sip of water
- **NO Water Pills

11:00 a.m. or 11:30 a.m.

- ** Nothing to eat or drink after midnight
- ** Clear liquids until 7:00 a.m.
- **You may take your medication with a sip of water
- **NO Water Pills

1:00 p.m.

- **Light breakfast only until 8:30 a.m. only
- **Clear liquids until 9:00 a.m.
- **You may take your medication with a sip of water
- **NO water Pills

2:30 p.m.

- **Light breakfast only until 9:30 a.m.
- **Clear liquids until 10:30 a.m.
- **You may take your medication with a sip of water
- **NO water pills

Definition of Clear Liquids: Tea or coffee (without milk), apple juice, ginger ale
Sprite or 7up. **NO ORANGE JUICE**

NOTE FOR DIABETIC PATIENTS ON INSULIN ONLY:

Eat a light meal 3 hours prior to your appointment along with clear liquids.

Take your insulin and medication as usual.

NO water pill.

******CANNOT TAKE Cialis, Viagra, Levitra 36 HOURS PRIOR TO TILT TEST******

If you have any questions of concern; please call the office where your test is scheduled. There is a \$50.00 charge for non-cancel of an appointment without 24 hour notice.

TILT TABLE TEST

DELAWARE CARDIOVASCULAR ASSOCIATES

WHAT IS A TILT TABLE TEST?

A Tilt Table Test can help determine if a miscommunication is occurring between the Nervous System and the Cardiovascular System. These two systems work hand in hand all the time to regulate our blood pressures and heart rates.

HOW IS THE TEST PERFORMED?

- *This test must be performed on an empty stomach. Please follow the directions you were given for the time of your appointment.*
- *Your doctor will inform you if there are any medications he wishes you to stop taking before the test.*
- *An I.V. line will be started in an arm vein to give you fluids.*
- *You will be assisted onto the Tilt Table and safety belts will be placed across your chest and thighs for your protection.*
- *You will be connected to a monitor that allows the Nurse/Technician to monitor your heart rate and heart rhythm during the test. A blood pressure monitor will also be connected.*
- *Your blood pressure and heart rate will be recorded while lying flat; this is called the baseline. The table will then be tilted to an upright position of 70 degrees.*
- *Your blood pressure will be monitored for 20 minutes. After 20 minutes, if blood pressures and heart rates are stable, a metered dosage of Nitroglycerin will be administered under your tongue. This will cause your heart to beat faster as it*

stresses your body's regulating systems.

- *After the Nitroglycerin is administered, your blood pressure and heart rate will continue to be monitored.*
- *If you should become symptomatic or lose consciousness (faint) at any time during the test, the test will be stopped and the tilt table will then lowered. Your symptoms will go away or you will wake up in a brief moment.*
The total time of the test is approximately 1 hour.

WHAT TO EXPECT AFTER THE TEST?

- *The effects of the medication wear off in a few minutes.*
- *The I.V. line is removed before you leave the room.*
- *The test results will be sent to the physician who ordered the tilt table procedure and you should follow-up with him/her in one to two weeks.*