

What are the potential risks/complications with this test?

A tilt-table test is generally safe, and complications are rare. But, as with any medical procedure, it does carry a small risk of complications.

Potential complications include:

- Prolonged low blood pressure
- Prolonged pause between heartbeats

These complications usually go away when the table that you are lying on is returned to a horizontal position.

Can I undergo the test if I am not feeling well?

If you are not feeling well because of fever, running nose or acute illness, you should not undergo the upright tilt test. **Please call the appointment line at (+65) 6772-5555 to reschedule the test.**

When will I know the results?

The doctor supervising the test can usually tell you the preliminary results of the exercise test. Your doctor will inform you of the final report at your next clinic appointment.

Location



National University Hospital
5 Lower Kent Ridge Road, Singapore 119074
Tel: 6779 5555 Fax: 6779 5678 Website: www.nuh.com.sg

Contact Information

National University Heart Centre, Singapore

1 Main Building of NUH, Diagnostic Cardiac Laboratory, Level 3.

Opening Hours: 8.30 am - 5.30 pm (Monday - Friday)

Closed on Weekend & Public Holidays

Website: www.nuhcs.com.sg

Getting to NUH

Circle Line Kent Ridge MRT Station

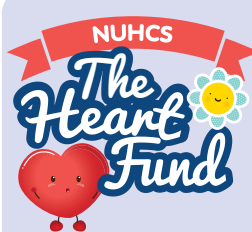
Commuters can transit at the Buona Vista MRT Interchange and alight two stops after at the Kent Ridge Station. The station is served by three exit-entry points.

Exit A: Right at the doorstep of National University Heart Centre, Singapore.

Exit B: Along South Buona Vista Road, which links to Singapore Science Park 1.

Exit C: Leads to NUH Medical Centre.

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National University Heart Centre, Singapore
A member of the NUHS



Tilt-Table Test

View patient education videos on **NUHCS YouTube** page!

STEP 01



STEP 02



Download a FREE QR Reader on your smartphone and scan the QR code.

The QR code will decode instantly. You'll be brought to www.youtube.com/user/NUHCS



Scan the QR code

What is a tilt-table test?

Syncope, or fainting spells, is a common clinical problem with many possible causes. One common cause is neurocardiogenic syncope. Your nervous system lowers your heart rate and blood pressure for a short time resulting in less blood flowing to your brain and you may faint. The attack is characterized by warning symptoms such as yawning, nausea, blurred vision before loss of consciousness. A tilt-table test is used to provoke such an attack and reproduce patients' symptoms in a controlled manner.

Doctors use a tilt-table test to help diagnose the cause of fainting. It is also performed to confirm the diagnosis in patients with repeated syncope. It is a simple, non-invasive technique with high diagnostic accuracy, and can also be used to evaluate the response of an individual to drug treatment for this condition.



What can I expect?

- 1 No fasting before the procedure is required. However, you should only take a light meal preferably more than 2 hours before the procedure.
- 2 No pre-medication is given. A doctor will be there to explain the procedure and take your consent.
- 3 Finger pressure will be applied to your carotid artery at the left side of the neck to check for sinus hypersensitivity. A small finger cuff is wrapped around your finger to continuously measure your blood pressure.
- 4 For the test, you will lie down on a table that can be moved from a horizontal to a vertical position. You will remain strapped onto the table throughout the procedure. This is to prevent you from falling and sustaining any injuries should you faint during the test.
- 5 Once you are positioned on the table, the bed is moved to a vertical position (about a 70 degree angle). A doctor will be by your side to ensure that the procedure is safely carried out.
- 6 If you do not develop any fainting spells in the upright position after 30 minutes, the doctor will give you a puff of Glyceryl Trinitrate (GTN) 400mcg under the tongue. The medicine usually does not cause any serious side effects although you may feel an increase in your heart rate. You will continue to be monitored for the next 15 minutes.
- 7 Should you feel faint during the test, please let your supervising doctor know so that he can attend to you. Do not be alarmed should you lose consciousness in a positive test as you will recover shortly upon lying in horizontal position. You will be monitored till you feel completely well.
- 8 When the procedure is completed, a cardiologist will review the test results and prepare a report of the examination to be sent to your referring doctor.

What should I do?

- 1 You should only take a light meal before the test, preferably at least 2 hours before the appointment.
- 2 You should come in comfortable clothing to facilitate the examination.
- 3 Keep your arm straight and relaxed for accurate recording of your blood pressure.

