

# Dean & St. Mary's Cardiac Center

Thank you for choosing St. Mary's for your health care. Our goal is to make your stay as pleasant and comfortable as possible. Valet parking is available at our main entrance on Brooks Street. This service is available from 5 a.m. to 10 p.m. daily. The valet attendant will park your vehicle and retrieve it when you are ready to leave.

## **Tilt Table Test**

**Be at the Patient Registration Desk, A Level, on**

**(date) and (time)**

**Call 608-258-5001 if:**

- You cannot make it to your test.
- You have questions or concerns about test.

### **What is it?**

The Tilt Table is a test to look at your body's reaction when changing from a lying to a standing position.

### **Why do you need a Tilt Table Test?**

A Tilt Table Test may help find the cause of your fainting spells.

### **Before your test**

- Arrange to have someone drive you to and from the hospital. The test, including preparation and recovery, may take about three hours.
- Come prepared to tell us of any preferences you have in your care, including: food, family visitation, and prayer.

### **The day before your test**

- You will receive a call the day before with the time of arrival and instructions. At that time let the nurse know if you are taking any diabetic medications.
- **Do not eat or drink anything after midnight** unless told differently in your pre-test phone call unless told differently in your pre-test phone call.

### **Day of your test**

- Do not take any medication **including** vitamins, herbals, **and/or** food supplements unless you are told differently.
- Bring all your medications including any over- the- counter medications, herbs, etc., that you are presently taking. This will help the nurse accurately update your records.
- Bring your insurance cards, your Advanced Directives, Durable Power of Attorney for Health Care, and/or Living Will, if you have one completed.
- Leave all valuables at home including rings, watches and money.
- After you register, you will be sent to Cardiac Services.

### **Preparing for your test**

- You will change into a hospital gown.
- A nurse will interview you and place an intravenous (IV) line in your arm.
- You will sign a consent form for the test.

### **During your test**

- Your health care team will be in the room with you.
- Sticky patches will be placed on your chest. Hair may need to be removed in order to apply the patches.
- You may be given a medication to increase your heart rate.
- The test will take between 30 - 60 minutes.

### **After your test**

- Your heart doctor will give you the results of the test immediately.

### **Discharge instructions:**

- Your heart doctor and nurse will give you instructions.
- Take medications as you did prior to the test.

### **Tobacco free campus**

**For your health, we are a tobacco-free facility and campus. Thank you for not smoking or using tobacco products on hospital grounds.**

Other resources available to you at: [www.stmarysmadison.com/cardiac](http://www.stmarysmadison.com/cardiac).

Click on the Patient Instruction link to see these instructions.