



TILT TABLE (HEAD UP) TEST

The purpose of this document is to provide written information regarding the risks, benefits and alternatives of the procedure named above. This material serves as a supplement to the discussion you have with your physician. It is important that you fully understand this information, so please read this document thoroughly.

The Procedure: Dizziness or fainting may be the result of either a sudden decrease in blood pressure (**hypotension**) or heart rate (**bradycardia**). The mechanisms that control the body's heart rate and blood pressure are very complex. A simple non-invasive procedure called a tilt table, or "head up" test, can help determine if your blood pressure and heart rate respond appropriately to position changes of your body. You will be placed flat on a table then raised to almost standing while your vital signs are recorded. You may receive a medication to provoke these symptoms.

Benefits

You might receive the following benefits. The doctors cannot guarantee you will receive any of these benefits. Only you can decide if the benefits are worth the risk.

1. Reduced pain
2. Reduced risk of subsequent complications
3. Improved ability to perform normal activities

Risks

Before undergoing this procedure, understanding the associated risks are essential. No procedure is completely risk-free. The following risks are well recognized, but there may also be risks not included in this list that are unforeseen by your doctors.

1. Dizziness or fainting due to lowered heart rate or blood pressure. In most cases, heart rate and blood pressure return to normal when you are returned to the flat position. If not, you are protected from your heart rate becoming too slow by means of a previously applied external pacemaker. You are also protected from your blood pressure becoming too low by an IV that will be already be in place, which can be used to increase fluid intake and raise your blood pressure.

- Other medications can also be used to treat bradycardia and hypotension.
2. The medication epinephrine is sometimes used to provoke a response to the tilt table test. This medication will initially raise your heart rate and may transiently make you feel as if your heart is pounding and may even cause sweating, shaking, nervousness, nausea, and flushing. These symptoms typically stop after the drug is discontinued (usually within 10-15 minutes). Most patients do not experience these side effects.
 3. Observation in an intensive care unit (ICU). If your symptoms persist, you may be placed in the ICU until you are stable.
 4. Negative test results. The test may not produce any symptoms and your lightheadedness and/or fainting may be due to other causes.

Alternatives

The alternatives to the tilt table test include:

1. Not administering the test. This may delay a diagnosis as to the cause of your symptoms.

If you decide not to have this procedure, there may be associated risks to this decision. Please discuss it with your doctor.

If you have any questions regarding the procedure, risks, benefits, or alternatives to this procedure please ask your physician prior to signing any consent forms.



Patient Signature

Date