Welcome to the Ross Heart Hospital
Ambulatory Care Center

Located on the first floor of the Ross Heart Hospital, we see patients on an outpatient basis for initial and follow-up visits related to heart and vascular conditions.

While a patient in the Ambulatory Care Center, you will be cared for by a team of experts, including doctors, nurses and other skilled heart and lung specialists.

Please let us know how we can improve your visit with us.

| Test date: __________________ | Check-in time: __________ |

The check-in time is the time that we need you to be at the hospital to get you ready for the test. It is not the time that your test will start.

The tilt table test takes about 45 minutes. You will be in the pre-procedure area for about 2 hours and the post-procedure recovery area for another hour. Allow a full day for this test as you will need to rest at home after the test.

Test location

Ross Heart Hospital
452 West 10th Avenue
Columbus, OH 43210

Please go to the first floor patient check-in desk.

You may use the valet in front of Ross Heart Hospital or park in the SAFEAUTO Hospitals Garage attached to the hospital at 1585 Westpark Street, Columbus, OH 43210.

For help, please call the Ross Ambulatory Care Center at 614-293-4299.

Scheduling

If you have any questions or need to schedule or change your appointment, please call 614-293-7677 or 1-888-293-7677.

Billing information

You will receive one bill for services received at Ohio State.

If you have any questions about your insurance coverage, please contact your insurance provider.

Financial assistance is available for qualified patients. Call 614-293-0860 before your visit to speak to a financial counselor.

If you have questions about your bill, please call 1-800-834-1564.

Medical record requests

Visit wexnemedical.osu.edu and download and complete a medical records authorization form. For more information, please call 614-293-8657.
About the Test

A tilt table test is used to check the cause of fainting spells or severe light-headedness by watching how your body responds to changes in position. Syncope (sink-o-pee) or fainting occurs for different reasons. It can be from a nervous system reaction that causes the heart to slow, the blood vessels to expand and the blood pressure to drop. When the blood pressure drops, the blood flow to the brain is less. This can cause fainting. This condition is called postural hypotension. Tilt table testing may also be done if you have severe light-headedness or dizziness that does not cause you to faint but does force you to sit or lie down.

The test involves being tilted, always with your head up, at different angles for a period of time. Your heart rhythm and rate, blood pressure and other symptoms are checked with changes in position.

Before the test

- **Check with your doctor to see if you need to stop any of your medicines before the test.** If you are to take medicine the morning of the test, take the medicine with as little water as possible.

- **If you have diabetes and take medicine to control your blood sugar, check with your doctor about how to adjust your diabetes medicine.**

- **Some patients need to have blood work done within 14 days of this test.** If so, you will be given an order for this from the doctor.

- **Do NOT smoke or use tobacco products for 24 hours before the test.**

- **Do NOT eat or drink anything at least 4 hours before the test.** This helps reduce the chance of nausea.

- **If you are pregnant, think you may be pregnant, or if you are breastfeeding, tell the doctor right away.**

- You will wear a hospital gown during the test. Do not wear or bring any jewelry or valuables with you.

- **Arrange for someone to drive you home after the test.** For your safety, you will not be allowed to drive right after the test.

- Bring all of your medicines with you, so we can check the names and doses for each medicine. Be sure to tell us if you take any herbal or dietary supplements and any over the counter medicines.

- You will be asked to sign a consent form for this test. Please be sure to ask any questions you have about the test.
How is the test done?

The tilt table is a special bed with a footboard and a motor that can be controlled to tilt at different angles. You will lie down on the tilt table, flat on your back. You will be tilted so that your head is always above your feet. You will never be tilted upside down.

The nurse will start an intravenous (IV) line in your arm to give you fluids and medicines during the test. You will be connected to monitors to check your heart rate, blood pressure, breathing and oxygen levels during the test. Three or more safety straps will be placed across your chest and legs to hold you in place on the table.

You will be awake but you will be asked to lie quietly and keep your legs still. During the test, you may have no symptoms or you may feel very uncomfortable. You may feel light-headed, feel sick to your stomach, feel dizzy, have heart palpitations or fluttering in the chest, have vision changes or you may faint. **Tell us about any symptoms you have during the test as they occur.**

**If you become very uncomfortable and cannot go on, the test will be stopped.** If you should faint, the table will be returned to the flat position and the test stopped.

Part 1

The test starts with a quiet period. Then the table is slowly tilted to an almost standing position. Your head is up and the footboard supports you. You are checked at several positions and then returned to a flat position.

Part 2

The second part of the test begins after giving you a medicine to stress your heart. Nitroglycerine or Isuprel are often used to cause the same affect as adrenaline. Adrenaline is a hormone produced by the body when you exercise or when you are angry or feel stress. The medicine is given slowly into your IV and increased based on how your heart responds to the medicine.

This medicine may make you feel nervous or jittery, or you may feel that your heart is beating faster or stronger. These symptoms will stop quickly as the medicine wears off.
After the test

- Most patients return to feeling normal within 15 minutes after the test, but the test is very tiring. Rest for several hours after the test.
- You may return to your normal diet.
- Take the medicines that you were told to hold before the test.
- A family member or friend will need to drive you home after the test for your safety.

Test results

- If you faint during the test, it is considered “positive”. Your doctor will be sent your test results.
- If you do not faint during the test it is considered “negative”. You and your doctor will discuss other tests that you may need to find the cause of your fainting.