



## Procedure Information Sheet

### Introduction

Patients may have unexplained recurrent symptoms of dizziness or loss of consciousness. There are many causes. One common cause is vasovagal syncope, which is a disease of the autonomic nervous system. The mechanism is a sudden drop of blood pressure or heart rate or both, in response to adrenergic stimulation. Head-up tilt table (HUTT) is used to diagnose if a patient is suffering from vasovagal syncope. It is a stretcher that allows a person to change from a lying position to a standing position. This, together with the use of drugs, can act as an adrenergic stimulation to provoke vasovagal syncope.

### Indication

HUTT is a specific test in diagnosing vasovagal syncope. Once the diagnosis is confirmed, specific treatment can be considered.

### The Operation / Procedure

1. Patient need to lie down on the tilt table in a horizontal position.
2. Patient will be secured with restraining strap.
3. Nursing staff will monitor the electrocardiogram and blood pressure regularly.
4. After some minutes, the tilt table will change to a nearly vertical position. Patient can keep this position by standing on a footboard. This will last for some minutes.
5. If patient develop signs and symptoms of syncope during tilting up, will be lied down immediately and stop the test. Patient should recover quickly.
6. If patient do not develop these signs and symptoms, doctor will add drug at increasing doses and repeat the test 2-3 more times. Patient may experience palpitation or nausea during the use of drug.
7. The examination room will be equipped with necessary equipment for emergency resuscitation.

### Before the Operation / Procedure

1. Patient has to omit drugs as instructed by doctor.
2. Elderly will preferably be accompanied by relatives or friends.
3. Fasting for 4-6 hours before the test is necessary.
4. Doctor will explain the details of the procedure together with the possible risks and complications. Patient has to sign an informed consent.
5. Intravenous line will be inserted.

### After the Operation / Procedure

Patient will be asked to rest for 20-30 minutes after the test before leaving is allowed.

### Risk and Complications

The procedure carries certain risks, it may cause transient cessation of heart rhythm, or the drugs infused may cause arrhythmia or heart attack.

### Alternative Treatment / Investigation

There is no alternative test that is specific in diagnosing vasovagal syncope, although there are tests that may detect other causes of your symptoms.

### Disclaimer

This leaflet only provides general information pertaining to this operation / procedure. While common risks and complications are described, the list is not exhaustive, and the degree of risk could also vary between patients. Please contact your doctor for detailed information and specific enquiry.

### Reference

Smart Patient Website by Hospital Authority: Tilt Table Test (4/2019)

Patient's Signature: \_\_\_\_\_ Date: \_\_\_\_\_

#### Patient's Label

Patient Name: \_\_\_\_\_

Hospital No: \_\_\_\_\_

Episode No: \_\_\_\_\_