

Contact information

Non-Invasive Cardiovascular Laboratory
Main Building 1, Level 1

Opening Hours: 8.30 am - 6.00 pm (Mon - Fri)
8:30 am - 12:00 noon (Sat)
(except on Public Holidays)

For appointments, please contact
Tel: (65) 6772 2002
Email: appointment@nuh.com.sg

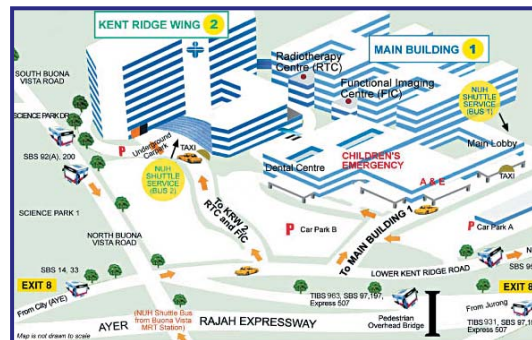
For International Patients And Visitors
The International Patients Liaison Centre (IPLC) is a one-stop service centre to support all the medical needs of our foreign patients

Tel : (65) 6779 2777 (24-Hours Helpline)
Fax : (65) 6777 8065
Website : www.nuh.com.sg/iplc.html



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

Location



Free Shuttle Bus Service

Free Shuttle Bus Service from Dover MRT Station to NUH

Operation hours : 8.00 am – 8.30 pm (Mondays – Fridays)
8.00 am – 2.00 pm (Saturdays)
Not available on Sundays and Public Holidays

Dover/NUH passenger pickup/ drop off point : 1. Dover MRT Station (opposite Singapore Polytechnic)
2. Main Building, Lobby Entrance (near roundabout)
3. Kent Ridge Wing, Level 3, South Entrance

For more information on Shuttle Bus schedule, log on to www.nuh.com.sg

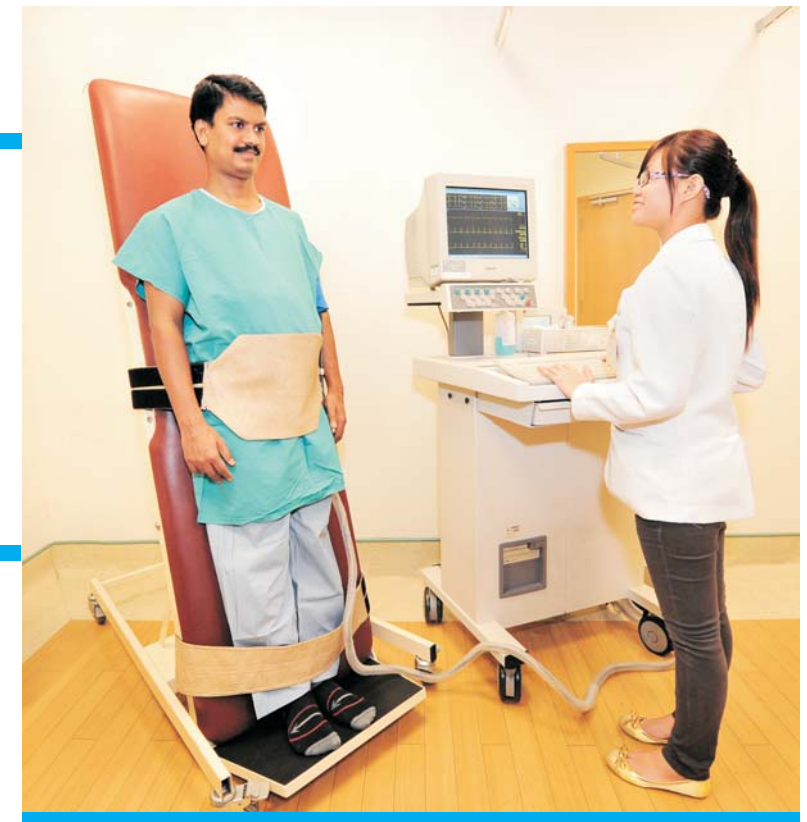
Information in this brochure is given as a guide only and does not replace medical advice from your doctor. Please seek the advice of your doctor if you have any questions related to the surgery, your health or medical condition.

Information is correct at time of printing (Jan 2010) and subject to revision without notice.

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.

Tilt-Table Test



What is a tilt-table test?

Syncope, or fainting spells, is a common clinical problem with many possible causes. One of the commonest causes is neurocardiogenic syncope, also called 'emotional' or 'vasovagal' syncope, which is a form of neurally mediated reflex response. The attack is characterized by a patient developing warning symptoms such as yawning, nausea, blurred vision before finally losing consciousness. Low blood pressure and slow heart rate commonly accompany the fainting spell.

Tilt-table test is a test that is used to provoke such an attack and reproduce patients' symptoms in a controlled manner. It is 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.



Computer screen displaying heart rate and rhythm during the test

What can I expect?

The test is quite comfortable and no fasting before the procedure is required. However, you should only take a light meal preferably 2 hours before the procedure. No pre-medications are given. Throughout the test, you will be lying flat on your back and strapped onto a table, which can be tilted at any angle. The table will be tilted at 75 degrees with your head up. A cuff is wrapped round your arm to monitor your blood pressure regularly. Electrodes will also be attached to your chest to check on your heart rate and rhythm. A doctor will be by your side to ensure that the procedure is safely carried out.

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. Also, it allows the technologist to lie you flat quickly for recovery purposes. If you do not develop any fainting spells after standing for 30 minutes, the doctor will give a puff of Glyceryl Trinitrate (GTN) 400mcg

under the tongue. The medicine usually does not cause any serious side effect although you may feel an increase in your heart rate. The technologist will continue to monitor you for the next 15 minutes, during which your symptoms may or may not be reproduced. The test will be stopped after that.

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 very shortly upon lying in a supine position. You will be monitored till you feel completely well. 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 2 hours before the appointment.
2. You should come in light clothing to facilitate the examination.
3. Keep your arm straight and relaxed for accurate recording of your blood pressure.