The Procedure
During a tilt table test you lie on a table that moves from a flat position to an upright standing position. You will never be upside down.

Your heart, blood pressure, and oxygen level are monitored throughout the test. An IV will be inserted into your arm.

To get the best results you will stand still, strapped comfortably to the tilt table, not moving your legs. You must be able to stand for 25-30 minutes.

Please let the technicians know immediately if you experience any discomfort, pain, or other unpleasant symptom.

When you are finished, you may return home and resume all of your normal activities.

Follow-Up
The results of the test will be sent to your doctor who will discuss the findings with you and your next appointment.

Questions
If you have any questions or need to cancel your appointment, please call 484-628-8611.

Date: ____________________________

Time: ____________________________

Important Telephone Numbers

Cardiology - Tower Health Medical Group
610-375-6565

Stress Lab
484-628-4537

Billing Office
484-628-5820

• Call if you have any questions about your bill.

Patient Advocate
484-628-8663

• Let us know how you felt about your experience at Miller Regional Heart Center.

Call 9-1-1 if you have a life-threatening emergency.
What Is a Tilt Table Test?
A tilt table test allows your doctor to monitor your heart and blood pressure while you are assisted in standing for a prolonged period of time. This test helps determine whether you have a heart problem, how serious it may be, and whether other tests are needed. This test will take about two hours.

Day of Procedure
- Do not eat or drink anything for eight hours before your appointment.
- Take your medicines as directed with a sip of water.
- Wear comfortable, loose-fitting clothing.
- Wear comfortable shoes or sneakers.
- Follow any other instructions your doctor gives you.
- If you have diabetes, check with your doctor to see if you should take your diabetes medicines if not permitted to eat.

What to Bring
- Legal form of Photo identification, such as a driver’s license.
- Health plan identification cards.
- Referral forms, if required by your health plan.
- A list of allergies you have to food, drugs or latex.
- A list of ALL of your current medications. This includes drugs prescribed by your doctor and any other medicines you take. This may include over-the-counter medicines, herbal remedies, vitamins, supplements, and diet pills. Tell us the exact name of the medicine, the strength, the dose you take, and how often you take it. This information is on the label of all prescription drugs and other medications.

Checking In – Reading Hospital
Directions: The Miller Regional Heart Center at Reading Hospital is located on the 1st floor of N-Building at our West Reading campus. You can access N-Building from 5th Avenue at the traffic light. This driveway is marked with a large sign that indicates parking for the 5th Avenue Parking Garage.

Parking: For FREE valet parking, patient drop-off, or assistance, follow the driveway to the valet station. The station will be marked in blue. Our valets wear blue shirts.

If you prefer to park your own car:
Instead of going straight to the valet station, make the first left into the 5th Avenue Garage. Proceed up one level. Park in ANY “Reserved Parking - Patients Only” parking spot.

Entrance: Our Valet will direct you to the Security Desk. A Security Officer will help you find the Miller Regional Heart Center registration. If parked on your own, look for the Miller Regional Heart Center entrance which connects with level 1 of the garage. Check in at the Security Desk. Our Security Officer will point you to the Miller Regional Heart Center registration.

Check-In: Check in with the front desk when you arrive. You will verify personal and health plan information.

Family: Your family can stay with you in the waiting area.