

MINNESOTA HEART CLINIC
Instructions for Tilt Table

1. The day of your **Tilt Table test**, we require that you do the following:
 - a. **Nothing** to eat or drink after midnight.
 - b. **No Alcohol 24 hours prior to the test.**
 - c. Hold your **diuretic** (water pill) until you return home from your procedure.
 - d. Diabetics, please do the following:
 - If you take **oral diabetic medications** do not take on the morning of the procedure.
 - If you take **Insulin** contact your Primary Care MD for the recommended dosage to take the morning of the procedure.

2. Please check all of your current medication bottles to see if you are on any of the following medications; **You should STOP the following medications for the five (5) days prior to the test.**

Beta Blockers:

Acebutolol, Atenolol, Beta-Chron, Betapace, Betaxolol, Bisoprolol, Blocadren, Carteolol, Cartrol, Carvedilol, Coreg, Corgard, Corzide, Fumarate, Inderal, Inderal LA, Inderide, Kerlone, Labetolol, Levatolol, Lopressor, Lopressor HCT, Metoprolol, Metoprolol XL, Nadolol, Normodyne, Penbutolol, Pindolol, Propanolol, Propanolol LA, Sectral, Sotalol, Tenoretic, Tenormin, Timolide, Timolol, Toprol XL, Trandate, Visken, Zebeta, Ziac

Calcium Channel Blockers:

Calan SR, Cardiazem, Cardiazem CD, Cardiazem SR, Dilacor XR, Diltiazem, Diltiazem CD, Diltiazem XR, Isoptin SR, Norvasc, Tiazac, Verapamil, Verapamil SR, Verelan

Tricyclic anti-depressants:

Nortryptiline (Pamelor, Aventyl), Trimipramine (Surmontil), Amitriptyline (Elavil), Amoxapine (Asendin), Clomipramine (Anafranil), Desipramine (Norpramin), Doxepin (Sinequan), Imipramine (Tofranil), Protriptyline (Vivactil).

Serotonin reuptake inhibitors:

Paroxetine (Paxil), Fluoxetine (Prozac), Sertraline (Zoloft), Fluvoxamine (Luvox)

MAO inhibitors and other antidepressants:

Phenelzine (Nardil), Tranylcypromine (Parnate), Bupropion (Wellbutrin), Maprotiline (Ludiomil), Mirtazepine (Remeron), Nefazodone (Serzone), Trazedon (Desyrel), Venlafaxine (Effexor).

Weight Loss agents and Parkinson agents:

Phenteramine (Pondera, Pondimin), Sibutramine (Meridian), Selgiline (Eldepryl), El-Dopa

Migraine medications:

Sumatriptin (Imitrex)

3. Your procedure will be done at Fairview Southdale Hospital. Please park in the Skyway Ramp on the west side of France Ave. on 65th street and take the skyway over to the new office building (6405 France Ave.). Please check in on the first floor, which is one floor down from the skyway level.
4. You will need someone to drive you home after the procedure.
5. It is recommended that you do not go back to work or school on the day of your procedure.