

## INFORMATION FOR PATIENTS

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# Autonomic function test

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This leaflet gives you information about the test that has been booked for you.

### **What is an autonomic function test?**

An autonomic function test involves you undertaking some simple breathing tests whilst your heart rate and blood pressure are recorded.

### **Why is it being done?**

This test is done to assess whether the nerves that serve the heart and control the blood pressure are working correctly.

### **What does it involve?**

You will be asked to lie on a bed in a sitting up position. Stickers will be attached to your chest to monitor your heart rate and rhythm. A small cuff to measure your blood pressure will be placed around your finger and you will feel it inflate and deflate throughout the test.

You will be asked to perform some simple breathing exercises whilst you are being monitored. You will also be asked to stand for a short period whilst readings are taken.

### **What will happen during the test?**

The test should not make you feel unwell. Some people may feel dizzy when standing.

### **How long will the test take?**

The test will take approximately 30 minutes.

### **What should I wear?**

You should wear something loose and comfortable which allows your chest to be easily accessed. To obtain accurate readings the test requires you to have warm hands. In cold months, please wear gloves when travelling to your appointment.

### **What about eating and taking medications prior to the test?**

You may eat and drink as usual. Continue all medication as usual, unless instructed otherwise.

### **Will I be given the results?**

The results will be passed onto the consultant who requested the test. At your next outpatient appointment you consultant will discuss the results of the test with you. Results will not be given to you on the day of the test.

### **What if I need hospital transport?**

If you need hospital transport due to medical reasons you will need to arrange this by using one of the numbers below:

- Nottinghamshire/Leicester: 0345 266 9662
- Derbyshire: 0300 300 3434
- Lincolnshire: 0843 357 1556.

## Contact details

Cardiorespiratory and Vascular  
Department: **01623 672259**.

## Further sources of information

NHS Choices: [www.nhs.uk/conditions](http://www.nhs.uk/conditions)  
Our website: [www.sfh-tr.nhs.uk](http://www.sfh-tr.nhs.uk)

## Patient Experience Team (PET)

PET is available to help with any of your compliments, concerns or complaints, and will ensure a prompt and efficient service.

**King's Mill Hospital:** 01623 672222  
**Newark Hospital:** 01636 685692  
**Email:** [sfh-tr.PET@nhs.net](mailto:sfh-tr.PET@nhs.net)

If you would like this information in an alternative format, for example large print or easy read, or if you need help with communicating with us, for example because you use British Sign Language, please let us know. You can call the Patient Experience Team on 01623 672222 or email [sfh-tr.PET@nhs.net](mailto:sfh-tr.PET@nhs.net).

This document is intended for information purposes only and should not replace advice that your relevant health professional would give you.

External websites may be referred to in specific cases. Any external websites are provided for your information and convenience. We cannot accept responsibility for the information found on them.

If you require a full list of references for this leaflet, please email [sfh-tr.patientinformation@nhs.net](mailto:sfh-tr.patientinformation@nhs.net) or telephone 01623 622515, extension 6927.

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