

## INFORMATION FOR PATIENTS

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# Tilt table test

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

### **What is a tilt table test?**

A tilt test allows monitoring of your heart rhythm and blood pressure when you are lying down and standing up. You will be asked to lie on a specially adapted bed, which will be tilted to a standing position.

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

This test is done to assess symptoms of unexplained collapse, light-headedness or dizziness. The test tells your doctor if there are any abnormal changes to your heart rate or blood pressure when you are standing up.

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

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. The bed has a footplate to rest your feet on and built in supports to prevent you from falling. You will be closely monitored for up to 40 minutes in the standing position. During the test the room will be darkened, and you will be asked to lie still and quiet.

Your doctor may wish you have some medication called GTN spray during the test.

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

The test is designed to recreate your symptoms in a safe environment.

Symptoms you may experience are light-headedness or dizziness, feeling sick, a cold and clammy feeling, sweating, or a feeling as if you are about to faint or blackout. If you do lose consciousness this normally only lasts for a short period of time and the bed will be lowered whilst you recover.

**You are able to stop the test at any time if you feel unwell.**

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

The test may take up to 1½ hours overall. This includes an explanation of the test, preparation, the test itself and a rest period. You may bring a friend or relative in with you during the preparation for the test if you wish. Two staff members are always present during the test.

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

You should wear something comfortable and make sure we can gain access to your chest and upper arms. Footwear should be sensible and preferably flat soled.

To obtain accurate readings the test requires you to have warm hands. In cold months, please wear gloves when travelling to your appointment.

You are advised not to wear makeup so we can accurately judge colour changes in your face. Some patients can have a loss of bladder control or be sick when they experience their usual symptoms; if this is the case for you, please bring a change of clothes and a towel. We have a shower available.

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

Please eat and drink as normal. We advise you not to have a heavy meal two hours before the test.

### **Going home**

The effect of the test should have worn off by the time you leave. We still advise you to **avoid driving** after the test and arrange for someone to take you home. This is because if you have had symptoms of dizziness or faint during the test, there is a chance they could recur. You may feel tired for the rest of the day, so you are advised to take things easy.

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

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

### **Confirming your appointment**

Please telephone the department on the number below to confirm your attendance for this test. If you have any questions, one of our physiologists will be happy to speak to you.

### **Contact details**

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

### **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.

Please note this test is not available at Newark Hospital.

### **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).

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