

## INFORMATION FOR PATIENTS

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# Active standing test

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**An active standing test is used for patients with suspected postural orthostatic tachycardia syndrome (PoTS), which is an abnormal increase in heart rate that occurs after sitting up or standing.**

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

### **What is an active standing test?**

An active standing test allows us to assess your blood pressure and heart rate response as you go from sitting/lying to standing.

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

This test is done to assess symptoms of light-headedness or dizziness and a racing heart (tachycardia). The test tells your doctor if there are any abnormal changes to your heart rate or blood pressure when you stand up and for a period of time after.

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

Stickers will be attached to your chest to monitor your heart rate and rhythm. A blood pressure cuff will be placed on your upper arm/finger to assess your blood pressure.

You will be allowed to rest before standing to enable your blood pressure and heart rate to settle. You will then stand up and your blood pressure and heart rate will be assessed for 10 minutes.

If you feel for any reason that you will be unable to stand up for up to 10 minutes, please telephone the cardiovascular department on the number listed in 'Contact details' on this leaflet.

### **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, dizziness, feeling sick, sweating, or feeling as if you are about to faint or black out.

**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 40 minutes 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. One staff member is 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. You are advised not to wear makeup so we can accurately judge colour changes in your face

### **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 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, 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.

## When will I be given the results?

No results will be given on the day of your test. 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.

## Confirming your appointment

Please telephone the department on the number listed in 'Contact details' 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

Cardiovascular department  
Clinic 4  
King's Mill Hospital  
Mansfield Road  
Sutton in Ashfield  
Notts  
NG17 4JL

Telephone: 01623622515, extension 3324.

## 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  
**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 (if relevant) please email [sfh-tr.patientinformation@nhs.net](mailto:sfh-tr.patientinformation@nhs.net) or telephone 01623 622515, extension 6927.

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