



# Information for patients attending a Tilt Table Test

## Tilt table test

This is a test to monitor your heart rate and blood pressure when you are standing still, to see if there are any abnormal changes. You will be required to lie on a specially adapted bed, which will move you to a standing position, whilst the Physiologist monitors you, this can take up to 45 minutes. You will not be tilted upside-down.

If your test is to be supervised by a doctor, then they may briefly but firmly massage your neck artery (called a 'carotid sinus massage') while in a lying and standing position and while you are monitored.

## How long will the test take?

The test may take up to 1½ hours. This includes an explanation of the test, preparation, the test and a rest period.

You may also be asked to wait in the department after the test as well to ensure you are nearby if there are any unexpected after-effects from the test.

## Are there any risks/complications associated with the test?

The test is safe. There is a small (1:1000) risk associated with the carotid sinus massage of a complication such as a transient ischaemic attack (mini stroke). You may be given a small dose of a drug called GTN, a common side effect of this is a headache which will resolve when the effects of the drug subside.

## Can I bring a friend or relative with me to the test?

It is advisable that you bring a friend or relative with you to your appointment. However, you will not be able to bring any friends or relatives with you into the room where the test is held.

## What should I wear?

You should wear something loose and comfortable which allows your chest to be easily accessed. You should wear sensible shoes, preferably with a flat sole.

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

We advise you to have only a light breakfast/lunch on the day of the test. Continue all medication as usual, unless instructed otherwise.

## Will I be given the results?

For most patients the results will not be available on the day. The Physiologist will send a report to the consultant at the hospital and he/she will then interpret the results and any other tests you may have had. Your consultant will write to you with an appointment date and will also write to your family doctor with the results. This usually happens within four weeks. If you are booked in to see the consultant in clinic on the same day he/she will go over the results with you then.

The results and any possible further treatment will be discussed with you at your next appointment. Please remain on any prescribed medicine and inform your GP of any changes in your general state of health.

## Contact details for Cardio-Respiratory Departments:

### Doncaster Royal Infirmary

Tel: 01302 642456 Monday to Friday 8.30am to 4.30pm

### Bassetlaw Hospital

Tel: 01909 572761 Monday to Friday 8.00am to 4.30pm

## Patient Experience Team

The team are available to help with any concerns/complaints you may have about your experience at the Trust. Their office is in the Main Foyer (Gate 4) of Doncaster Royal Infirmary. Contact can be made either in person or by telephone 8.30am till 5.00pm, Monday to Friday (excluding bank holidays) or via email.

### The contact details are:

**Telephone:** 01302 642764 or 0800 028 8059

**Email:** [dbth.pals.dbh@nhs.net](mailto:dbth.pals.dbh@nhs.net)