

Tilt Table Test

What is a Tilt table test?

This is a test to assess your heart rate and blood pressure response to standing still. You will be required to lie on a specially designed bed, which will move you from lying down to an almost upright posture, in a slow smooth motion, whilst the Physiologist monitors you. The test itself can take up to 45 minutes. You will not be tilted upside-down.

How long will the test take?

The test may take up to 1½ hours. This includes an explanation of what's to come, preparation, the test itself and a rest period following the test. You may also be asked to stay within Hospital for 30-45mins after the test, just to ensure you are feeling back to normal before going home.

As a teaching hospital, we have a commitment to training and education and this may mean a student could be observing, or assisting with your test. If you have any concerns regarding this, please let a member of staff know prior to the test.

Are there any risks/complications associated with the test?

The test is safe. You will usually be given a small dose of a drug called Glyceryl Trinitrate (GTN) to lower your blood pressure temporarily and assess your symptoms in response to this. GTN is given as a spray under the tongue. A common side effect of this is a headache, which will usually resolve within an hour.

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

Feel free to bring a friend or relative with you to your appointment, however they will not be able accompany you during the test, unless there are exceptional circumstances. Depending on your symptoms during the test we may ask you to stay in the Hospital for 30-45minutes after the test to ensure you feel well before going home.

What should I wear?

You should wear something loose, comfortable, and short sleeved that allows your chest to be easily accessed for placement of ECG stickers (you will remain fully dressed throughout). You should wear comfortable shoes, preferably with a flat sole, as you may be standing still for 40 minutes.

What about eating and taking medications prior to the test?

We advise you to have a light breakfast or lunch on the day of the test as large meals may cause your blood pressure to be lower than usual. Occasionally changes in blood pressure and heart rate can make people feel nauseous, which could be worse with a full stomach.

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 of the test. The Physiologist will send a report to your consultant at the hospital, who will then interpret the results along with any other tests you may have had.

Your consultant will usually 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 or tests 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.

Patient Advice and Liaison Service (PALS)

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 5.30pm, Monday to Friday (excluding bank holidays) or via email.

Their contact details are:

Telephone: 01302 642764 or 0800 028 8059. Email: dbth.pals.dbh@nhs.net

