

Tilt Table Testing

Information for patients



**Cardio-Respiratory
Service**

This leaflet will describe the procedure for performing a tilt table test within the Cardiac Investigations Unit at Leeds General Infirmary

What is a tilt table test?

It is a simple test which is usually performed when other tests have been unable to determine the reason for blackouts or severe dizzy spells. Sometimes blackouts or dizziness are caused by a rapid fall in heart rate and / or blood pressure. A tilt test monitors any changes in heart rate and blood pressure whilst lying and standing.

Do I need to do anything before the test?

- On the day of the test you may have a light meal no later than two hours before your appointment time
- Avoid all drinks which contain caffeine (tea, coffee, cola etc) before attending for the test. Please avoid de-caffeinated drinks also as they may contain traces of caffeine.
- Please wear a loose fitting top and flat, comfortable shoes.
- You are advised not to drive immediately after this test and therefore need to attend accompanied by a relative or friend.
- Take your medication as usual on the day of the test unless advised otherwise by your doctor, and bring a list of your medications when you attend on the day.

What will happen during the test?

Prior to the start of the test the physiologist will take your medical history, and measure your weight and height.

ECG stickers will be attached to your chest. A small probe will be attached to your fingers which will monitor your blood pressure more accurately and a blood pressure cuff will also be attached to your arm.

The test involves lying on a special tilt table whilst your heart rate and blood pressure are continuously monitored. The table is tilted 70 degrees into a standing position for up to 40 minutes, or until symptoms occur, after which the table is returned to a horizontal position.

If your doctor has decided it is appropriate to enhance the test by means of drug administration, GTN (Glyceryl Trinitrate), this will be discussed with you prior to the test.



GTN administration

If during the test you do not experience any symptoms after 20 minutes, one spray of GTN may be given under the tongue whilst you remain in the standing position.

The use of GTN may reproduce symptoms you have been experiencing at home and cause the heart rate and blood pressure to drop suddenly, reducing the blood supply to the brain and cause dizziness or blackouts. If these symptoms occur, along with changes in the heart rate and / or blood pressure the test would be considered positive.

How long does the test take?

The test usually takes approximately 60 minutes but can take up to 90 minutes. Please allow this amount of time for your appointment.

Are there any risks involved?

The test is performed regularly in this hospital and is usually very safe. It is not painful however you may experience the same symptoms you have at home such as blackouts, dizziness or feeling slightly faint during the test. You may also experience symptoms such as heart racing, warmth, headache and nausea as a side-effect of the GTN.

When will I get the results?

A written report will be sent to the doctor who requested the test. Your doctor may either write to you or give you the results at your next appointment. If the test is positive you may require further treatment. Your doctor will discuss the results of the test with you and discuss any treatment options.

When can I resume normal activities?

If you are feeling dizzy or unwell after the test we recommend that you don't drive until the following day. You may resume normal activities the day after the test.

Need an interpreter?

If English is not your spoken language, we will need you to let us know so we can book an appropriate interpreter. Please contact the department at least 72 hours prior to your appointment date to arrange.

Hospital transport

Patient transport is expensive and is only an option for those who cannot travel due to a significant limiting medical condition.

To contact transport please call **0300 330 2000**. Please be ready up to two hours before your appointment.

Need to change your appointment?

If you need to cancel or reschedule your appointment please contact the department at least 48 hours prior to your appointment date.

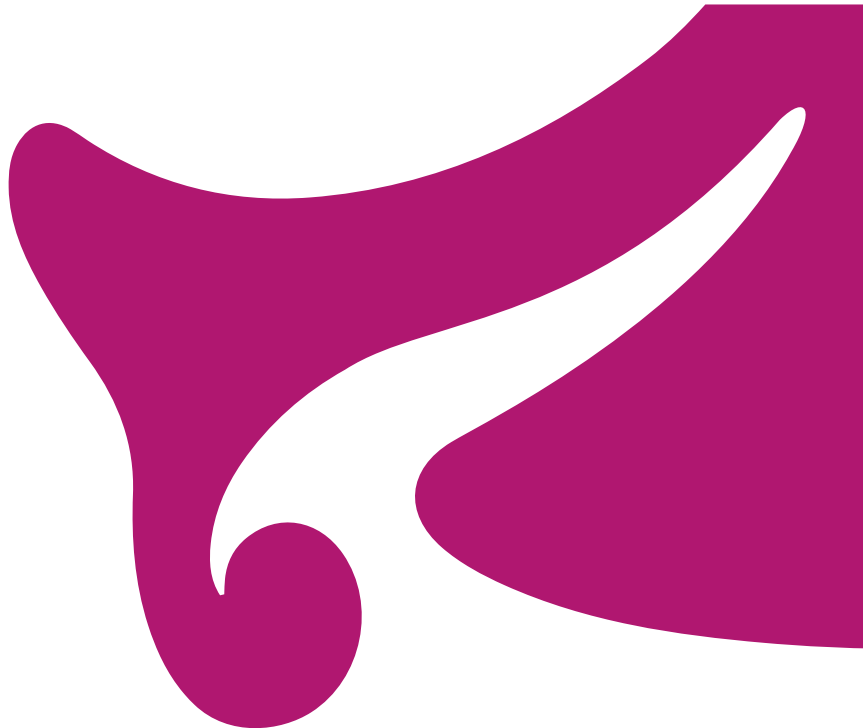
Please contact the department if there is a possibility that you may be pregnant as your appointment will need to be rescheduled.

Leeds General Infirmary

0113 392 3306

Monday - Friday 09:00 - 16:00

If you fail to attend your appointment the referring clinician will be notified and they will decide if another referral is appropriate.



What did you think of your care?

Scan the QR code or visit bit.ly/nhsleedsfft

Your views matter



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