

Adult head-up tilt test

Cardiology Department Patient Information Leaflet

Introduction

You have been given this leaflet as your GP or hospital consultant has suggested you would benefit from having a head-up tilt test. This leaflet gives more information on what this involves so you will know what to expect on the day of the test.

If you have any questions or concerns, please do not hesitate to contact a member of the Cardiology Department.

What is a tilt test?

It is used to monitor your heart rate and blood pressure, in both lying and upright positions. It uses a special adjustable couch called a tilt table.

It is used to monitor any changes in your heart rate and blood pressure that may cause dizziness, light-headedness, fainting or passing out.

What are the benefits?

The test tries to reproduce your symptoms while you are being constantly monitored. From this, we will be able to tell if the symptoms are caused by your heart or by a change in your blood pressure. If you have any symptoms or not, this test might still be able to find or rule out some of the possible causes for the conditions listed above.

What are the risks?

You may feel unwell if your test has been positive but this should not last long. You will be encouraged to stay in the department until you feel fully recovered and are able to leave.

Are there any alternatives to this test?

This may be one of a number of tests suggested to diagnose your condition. It is your choice as to whether you have the test.

What do I need to do before the test?

On the day of your tilt test:

- Have a **light** breakfast at least **two hours before** the time of the test. Make sure you **do** eat something.
- **Do not** eat or drink anything more after that, until after the test.
- You can take prescribed medications with a little water, if necessary.

Exception – if you are diabetic, eat as normal.

What happens during the test?

When you come to the Cardiology Department, you will be taken to the procedure room. The cardiac physiologist performing the test will review your medical history, symptoms and lifestyle. They will also answer any questions you may have about the test.

You can bring a relative, friend or carer with you but during the procedure, they will need to wait in the waiting room. This is because the test needs to be performed in a quiet, relaxed atmosphere, with no distractions.

For the procedure we will:

- Ask you to lie flat on the couch.
- Place ECG electrodes onto your chest and the back of your neck to monitor your heart.
- Attach a blood pressure monitor consisting of a cuff on your arm and a small device on your wrist and fingers.
- Put safety straps across your chest, hips and knees, to prevent you from slipping or falling off the tilt table.

- Monitor you for 10 minutes while you are lying flat.
- Raise the tilt table at the head end until your head is raised up into a position about 70 degrees from horizontal. We will also put a small table in front of you to rest your arms on.
- Continue to monitor you while you remain in this position for a maximum of 45 minutes.

If you experience any of your usual symptoms before this time is up, we will lower the tilt table back to flat. If we see anything significant we will also lower you back to the flat and end the test.

We will allow you to leave once you feel recovered enough to do so.

How do I get the results?

We will send your report back to your GP or hospital consultant who asked for the test. They will be in touch with you to discuss the results.

If you have any questions, or if there is anything you do not understand about this leaflet, please contact:

The Cardiology Department on 01384 456111 ext. 3582
(9am to 5pm, Monday to Friday)

Russells Hall Hospital switchboard number: 01384 456111

This leaflet can be downloaded or printed from:

<http://dgft.nhs.uk/services-and-wards/cardiology/>

If you have any feedback on this patient information leaflet, please email dgft.patient.information@nhs.net

This leaflet can be made available in large print, audio version and in other languages, please call 0800 073 0510.

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此宣传单可提供大字版本、音频版本和其它语言版本，请拨打电话：0800 073 0510。

Ulotka dostępna jest również w dużym druku, wersji audio lub w innym języku. W tym celu zadzwoń pod numer 0800 073 0510.

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Aceasta brosură poate fi pusă la dispoziție tipărită cu caractere mari, versiune audio sau în alte limbi, pentru acest lucru vă rugăm să sunați la 0800 073 0510.

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