

# Tilt Table Test



**This leaflet explains about the Tilt Table Test that you are due to have in the Day Hospital at The Princess Royal Hospital.**

## **What is a Tilt Table Test?**

A Tilt Table Test lets us monitor your blood pressure and heart rhythm when you are lying down and standing up. The test will be done as an outpatient appointment. You will be asked to lie down on a special bed called a Tilt Table which can be adjusted to move slowly up and forwards until you are in an almost upright position.

During the test your blood pressure and heart rhythm will be monitored.

## **Why do I need a Tilt Table Test?**

You may have been experiencing symptoms such as loss of consciousness (blackouts/fainting episodes), dizziness or severe light-headedness, which may be due to a drop in your blood pressure or heart rate.

Normally your blood pressure and heart rate will change according to your body's needs, such as when you are sleeping or exercising. However, at times they may not respond appropriately to your body's requirements and this may cause a sudden drop in your blood pressure/heart rate.

This reaction may produce loss of consciousness (syncope) or a number of symptoms including dizziness or severe light headedness (pre-syncope). Tilt Table testing is used to determine if you are having this type of reaction.

The Tilt Table Test is painless and is used to help identify symptoms and reach a diagnosis.

## **What is involved in a Tilt Table Test?**

When you attend your appointment safety belts will be placed around your body to make you feel secure. The bed also has a footplate at the bottom to rest your feet on. A small cuff to measure your blood pressure will be placed around your finger and you will feel the cuff inflate and deflate throughout the test.

You will be asked to lie still and quiet during the test as talking can disturb the information being recorded.

You may be given medication prior to the test. In some patients this will improve the sensitivity of the test. While you lie quietly on the table, recordings of your blood pressure and heart rhythm will be taken. Once this is collected the table will then move slowly up and forwards until you are in an almost upright position, where you will remain for approximately 45 minutes. Your blood pressure and heart rhythm will be recorded throughout this time. On completion of the test the table will be lowered until you are back in a lying position.

### **How long will a Tilt Table Test take?**

The length of time that the test will take depends on when or if you experience a drop in your blood pressure or heart rate. Some people will demonstrate this in the first few minutes. Others may finish the complete test without any such reaction, this is a negative test. If no results have been recorded after approximately 45 minutes the tilt table will be lowered and the test terminated.

### **How will I feel during the test?**

The purpose of the test is to recreate the symptoms you usually experience. If you do become symptomatic the bed will be lowered whilst you recover.

### **You can ask for the test to be stopped at any time**

Some people develop symptoms even though their blood pressure remains normal. While this would be considered a negative test, this would be reported to your doctor.

### **What if my test is positive?**

If you develop a drop in blood pressure/heart rate associated with symptoms you test will be classed as positive. The results of your test will be sent to your consultant. An appointment will then be made for you to return to discuss the results of the test and any treatment options that may be needed.

## How will I feel after the test?

If your test is positive you may experience all the usual sensations you experience during a natural episode. You will be allowed to fully recover before standing up. If you have a negative test it is common to report feeling tired but otherwise fine.

## Going home

It is recommended that you are accompanied by a friend/relative so that they can drive you home after the test.

If you do not understand this leaflet, we can arrange for an interpreter.

إذا كنت لا تستطيع فهم محتويات هذه النشرة فيامكاننا عمل الترتيبات لتوفير مترجم شفوي لك.

এই প্রচারপুস্তিকাটি যদি আপনি বুঝতে না পারেন, তবে আপনার জন্য আমরা একজন অনুবাদকের ব্যবস্থা করে দিতে পারি

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اگر مندرجات این جزوه را نمی‌فهمید، ما می‌توانیم مترجم در اختیارتان بگذاریم.

Jeśli masz trudności w zrozumieniu tej ulotki, możemy zorganizować tłumacza.

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### Disclaimer

The information in this leaflet is for guidance purposes only and is in no way intended to replace professional clinical advice by a qualified practitioner.

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