



*Better
Together*

Patient information

Tilt Table Test

Medical Division Royal Liverpool Hospital and
Broadgreen Hospital

Why do I need a Tilt Table Test?

There are several causes for dizziness, faints and blackouts. The treatment will vary depending on the actual cause found. The tilt test can help determine the cause.

What does the test involve?

The test will be carried out and reported by experienced clinical physiologists. During the test, you will lie on a patient-table. Monitoring equipment will be attached to your chest and arm so we can watch your symptoms, heart rate and blood pressure continuously throughout the test. You will have safety straps placed around your chest, waist and knees to make you feel secure.

After a period of lying down, the bed will be tilted upwards to an almost upright position (standing on your feet). The bed will stay in that position for the rest of the test.

The test is designed to bring on your symptoms under controlled conditions so you may feel dizzy or faint for a few moments. Should this happen, the table is returned quickly to a flat position and the test ends.

Some patients are given a small spray of medication under the tongue halfway through the test. This helps to speed the test process. Your consultant will decide if you are to have this medication or not.

It is normal for some patients (usually those who experience a faint/blackout during the test) to experience brief loss of bladder control. It may be wise to bring a spare change of clothing as a precaution.

Feel free to ask the staff any questions you may have before the test begins.

Why must I not eat before the test?

Do not eat or drink two hours before the test. This is important for a few reasons. The way in which blood pressure is regulated is slightly different before and after a meal.

In order to be able to interpret the test properly, we need to do the test after the patient has not eaten for a minimum of two hours. **It is acceptable for a patient to have a few sips of water to take medication.**

How long will the test take?

You will be in the upright tilt position for a maximum of 40 minutes. The whole test takes approximately one and a half to two hours.

What happens after the test?

It is normal to feel a little tired after the test. If your symptoms (dizziness or fainting) happen during the test, you will be allowed to recover fully before going home.

Can I drive home?

Since most people return to feeling normal within 15 minutes, there is no problem driving home after the test. However, the test itself can be quite tiring so we encourage you to bring someone else who can escort you home if necessary.

When will I receive the test results?

The test report is usually prepared within a day of the tilt table test. This is sent to your hospital consultant. You will usually be told the results of your test at your next outpatient clinic appointment. The hospital consultant may also send the results of the test to your G.P.

Further information

If you have any queries please contact:

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