

Tilt Table Testing

Aintree Cardiac Centre Cardiology Laboratory

Aintree Cardiac Centre
Lower Lane
Liverpool L9 7AL
Tel:0151-529 2700

What is a tilt table test?

A tilt table test is usually performed to determine the reason for blackouts and severe dizziness. These may be caused by rapid fall in blood pressure or heart rate.

How long does the test take?

The test itself takes 45 minutes, however this does not include patient preparation and recovery times so please allow up to one and a half hours.

Medication instruction and eating/drinking prior to attending for your test.

You should fast for 2-3 hours prior to the test and may be required to stop some of your medication two days before. The medication to be stopped will be listed on your appointment letter.

You will need to arrange for a friend or relative to come with you on the day of the test. This is so you are accompanied home in the event that you have symptoms during the test.

How is it done?

The test is performed using a special table which you lie on and are secured to with Velcro straps for safety.

You are attached to an ECG machine and a blood pressure monitor. Heart rate and blood pressure are continuously monitored.

The table is tilted so that you are in a standing up position but tilted back to a 70° angle.

You will remain in this position for 45 minutes, or until symptoms occur, after which the table is returned to a lying flat position.

There will be a senior physiologist supervising the test at all times.

Is the test safe?

The test is performed regularly in this hospital and is usually very safe.

You could experience the same symptoms that you have had at home such as dizziness and/or blackouts during the test.

It is important to tell the physiologist if symptoms occur.

What happens if the test is positive?

If the test is positive you may require further treatment.

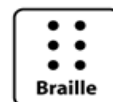
The referring doctor will discuss the results of the test with you and any further treatment options.

Further Information

For further information please contact:

Aintree Cardiac Centre
University Hospital Aintree
Lower Lane
Liverpool
L9 7AL

Direct line: 0151 529 2700.



If you require a special edition of this leaflet

This leaflet is available in large print, Braille, on audio tape or disk and in other languages on request. Please contact:

Tel No: 0151 529 2906

Email: interpretationandtranslation@aintree.nhs.uk