



A lifetime of specialist care

- If you have poor circulation / cold fingers, try to keep your hands warm before the test. For example, by wearing gloves.
- Make sure you bring a list of your prescribed medications.

What do I need to do before the test?

Please arrange for a family member or friend to drop you off at the hospital and take you home after the test.

Tell us as soon as you can if you use a wheelchair, are unable to stand, or have had a recent operation.

Also tell us if you have any of the following conditions:

- hypertrophic cardiomyopathy (thickening of the heart muscle)
- blocked arteries
- heart, kidney or liver failure
- cerebrovascular disease, such as stroke.

If you have any concerns about any aspect of the service you have received in hospital and feel unable to talk to those people responsible for your care, call PALS on 01895 826 572 or email pals@rbht.nhs.uk. This is a confidential service.

More information

If you have any questions about your test, please contact the Cardiology /ECG Department.

Appointments **01895 823 737** ext **5410**

Technicians **01895 823 737** ext **5566**

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إذا كنت ترغب في الحصول على ترجمة فورية لمضمون هذه الوثيقة إلى اللغة العربية، يرجى منك الاتصال بأحد مستخدمينا بجنح المصلحة التي يتم فيها استشفائك. أحد موظفينا سيسعى لترتيب إجراءات الترجمة وإتمامها في الوقت المناسب لك.

Brosurteki bilginin Türkçe tercemesi için tedavi görüyor olduğunuz bölüme basurunuz. Bölüm personeli tercumenin gerçekleşmesini en kısa zamanda ayarlayacaktır.

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Harefield Hospital

Tilt test



This leaflet gives information about your tilt test. We hope you will find it a useful guide, but it does not replace the need for personal advice from a healthcare professional. Please ask us if you have any questions.

What is a tilt test?

A tilt test is used to find out why a patient has been having dizzy spells or fainting / passing out. The test aims to reproduce these symptoms under controlled, safe and monitored conditions. This is to help a cardiologist make a diagnosis.

Why do I need a tilt test?

If you have been having dizzy spells or fainting / passing out, your doctor may refer you for a tilt test. Your doctor may think that your symptoms are related to a change in your blood pressure or heart rate.

What does a tilt test involve?

- Two cardiac physiologists carry out the test. It takes place in a dark, quiet environment. For this reason, family and friends cannot be present during the test.
- The cardiac physiologists will go through your medical history. They will then ask you to undress to the waist and place 10 small sticky pads called electrodes on your chest.

- These are attached with wires to an ECG machine (electrocardiogram), which monitors your heart rate.
- You will be given a gown to wear, which goes over the top of the electrodes.
- A blood pressure monitor will be attached to your finger.
- You will be asked to lay flat on a bed for five minutes, then the bed will be tilted until it is almost vertical.
- After 20 minutes, if you are still feeling well, you will be given a spray under your tongue. This may cause symptoms similar to those you have had (dizzy spells or fainting / passing out).
- The test continues for 15 minutes, or until you feel dizzy / faint and experience a fall in blood pressure / heart rate. The test will then be stopped.
- If you are aged over 40, a doctor may attend the test to give you a carotid sinus massage. This is a gentle rub on your neck to feel your pulse and to see if your heart is prone to slowing down. This may also make you feel dizzy / faint.
- If your heart slows down for a long time, the doctor may insert a fine needle into your arm to give a drug to speed up your heart to a normal rate.

- At the end of the test you can sit up and have a drink of water. The monitoring equipment will then be removed, and you can get dressed and go home.

How long does the test last?

A tilt test takes between one and a half to two hours.

It consists of approximately:

- 30-45 minutes – preparation time
- five minutes – lying down
- 20 minutes – tilt (without drug)
- 15 minutes extra – tilt after drug has been given (if it is needed)
- five minutes – neck rub (if it is needed)
- 30 minutes – recovery time.

What do I need to do on the day of the test?

- Eat a light meal and have a drink of water exactly three hours before the test. Do not eat or drink again until the test has finished.

It is important you arrive on time for the test. That is because we need to make sure that we carry out the test exactly three hours after you have eaten and had a drink.