We can provide interpreters for a variety of languages, information in larger print or other formats (e.g. audio) - please call us on 01932 723553.

To use the Text Relay service, prefix all numbers with 18001.

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Tilt Testing
Cardio-Respiratory Department
What is a Tilt test?
A tilt test monitors blood pressure, heart rate and heart rhythm when you are lying down and standing up. It is used in patients who have a history of dizziness and fainting episodes.

How should I prepare for my appointment?

It is advisable to eat a light meal 4 hours prior to the test. As you may feel unwell after the test it is recommended that you are accompanied by a friend/relative so they can drive you home.

What happens when I come for my appointment?
You will be taken into the tilt room by a Cardiac Physiologist. You will be asked to remove your clothes to the waist and put on a hospital gown. You will then lie on your back on the tilt table with your feet resting on the footplates.

The test will be performed in a quiet, dimly lit environment. You will have an electrocardiogram (ECG) attached to you at all times. This involves electrodes (stickers) being attached to various areas of your chest and is a painless procedure. A blood pressure cuff will be fitted to your arm which will inflate every 5 minutes.

Three safety straps are fastened over the body and attached to the tilt table. These will support you during the test to keep you safe. Once the monitoring equipment has been attached, the test will begin. You will lie on your back for 15 minutes. After 15 minutes the tilt table is gradually tilted to 60 degrees (to an almost standing position). Your head will be in an upright position and your feet will be supported by the footplates. You will remain in this position for the next 30 minutes. If you feel unwell during the test you must inform the Cardiac physiologists running the test and the test can be stopped. The Cardiac physiologists will remain with you in the room at all times.

What happens after the test?
On completion of test the tilt table will be lowered until you are back in a lying position. The results will be sent to the Consultant that requested the test. The results will be reviewed and a letter will be sent to your General Practitioner (GP) advising them of the results. You will receive a copy of this letter. This may take 2-4 weeks.

Further Information
We endeavor to provide an excellent service at all times, but should you have any concerns please, in the first instance, raise these with the Matron, Senior Nurse or Manager on duty. If they cannot resolve your concern, please contact our Patient Advice and Liaison Service (PALS) on 01932 723553 or email pals@asph.nhs.uk. If you remain concerned, PALS can also advise upon how to make a formal complaint.

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