

Autonomic Nervous System Testing

An information guide



Autonomic Nervous System Testing

What is this test for?

The autonomic nervous system is a part of the central nervous system that controls the things that we can't, such as heart rate, blood pressure (BP), sweating and digestion.

Many symptoms can be caused by a defect in this part of the nervous system such as:

- Dizziness.
- Sweating.
- Fainting.
- Irritable bowel problems.
- Circulation problems.

If you are diabetic you are more at risk of the autonomic system being defective.

Before the test

On the day of the test, please take all your medication as normal and bring a list of these medications with you.

You can eat and drink as normal, but **NOT** alcohol. Wear loose fitting clothes that do not restrict your movements.

What will happen during the test?

The test is completely painless.

4 electrodes will be placed onto your chest and a blood pressure cuff will be put on your arm.

All this equipment will stay on whilst the cardiac physiologist asks you to perform a series of small tests, mostly involving deep breathing, blowing, lying down and standing up.

The test will last for about 20 minutes.

Risks

The main risk of this test is that you may feel dizzy and/or faint. If this does happen the test will be stopped.

After the test

When you have completed the test, the physiologist will be unable to provide you with any results as all the recordings then have to be measured and calculated.

When this has been done all the results will be forwarded on to the doctor that referred you for the test to be carried out.

If you have any queries or if an interpreter is needed for the test, please telephone cardio-respiratory at Fairfield General Hospital on 0161 778 2028.

Please note that this test is only performed at Fairfield General Hospital.

If English is not your first language and you need help, please contact the Interpretation and Translation Service

Jeśli angielski nie jest twoim pierwszym językiem i potrzebujesz pomocy, skontaktuj się z działem tłumaczeń ustnych i pisemnych

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Dacă engleza nu este prima ta limbă și ai nevoie de ajutor, te rugăm să contactezi Serviciul de interpretare și traducere

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For general enquiries please contact the Patient Advice and Liaison Service (PALS) on 0161 604 5897


For enquiries regarding clinic appointments, clinical care and treatment please contact 0161 624 0420 and the Switchboard Operator will put you through to the correct department / service

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