

# Head Up Tilt Test

An information guide



# Head Up Tilt Test

## What is a head up tilt test?

A head up tilt test is a specialist test designed to look at the type of symptoms you have experienced and have reported to your consultant at the hospital.

## Why do I need a head up tilt test?

If you are having dizzy spells or are blacking out, your doctor may send you for a tilt test to see if your symptoms are related to a change in your blood pressure or heart rate.

## What does the test involve?

During the test, you will be asked to lie on the Tilt Table; Monitoring equipment will be attached to your wrist and monitoring electrodes (small sticky patches) onto the top of your chest and the sides of your tummy. This is to enable us to look more closely at your symptoms should you experience any. You will have safety straps around your waist and knees to make you feel more secure.

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

The test is designed to bring on your symptoms under controlled conditions so you may experience some symptoms for a few moments. Should this happen, the physiologist leading the test may ask if you are able to continue with the test. If the answer is no then the table will be returned quickly to the flat position and the test ended.

Depending upon how you are affected by your symptoms it may be advisable to bring a change of clothing with you.

Please do not eat or drink for 2 hours prior to testing. If you suffer from diabetes please continue with your normal eating routine.

This is important as the way that blood pressure is regulated is slightly different before and after meals. You may take any medications as normal.

### **How long will the test take?**

You will be in the almost upright position for 40 minutes in total. The whole test takes approximately 1 hour.

### **What happens after the test?**

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

### **Can I drive home?**

Most people who experience symptoms return to normal around 5 to 10 minutes after the test has finished if they experience symptoms, but it can leave some people feeling quite tired so we do recommend that you be accompanied by someone to escort you home.

If there is anything further you wish to know, please contact the Cardio Respiratory Department on 0161 778 2028.

**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

اگر انگریزی آپ کی پہلی زبان نہیں ہے اور آپ کو مدد کی ضرورت ہے تو ، براہ کرم ترجمانی اور ترجمہ خدمت سے رابطہ کریں

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

ইংরাজী যদি আপনার প্রথম ভাষা না হয় এবং আপনার সাহায্যের প্রয়োজন হয় তবে অনুগ্রহ করে দোভাষী এবং অনুবাদ পরিষেবাটিতে যোগাযোগ করুন

إذا لم تكن الإنجليزية هي لغتك الأولى وتحتاج إلى مساعدة ، فيرجى الاتصال بخدمة الترجمة الشفوية والتحريرية

☎ : 0161 627 8770

@ : interpretation@pat.nhs.uk

To improve our care environment for Patients, Visitors and Staff, **Northern Care Alliance NHS Group** is Smoke Free including buildings, grounds & car parks.

For advice on stopping smoking contact the Specialist Stop Smoking Service on 01706 517 522

**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**

The Northern Care Alliance NHS Group (NCA) is one of the largest NHS organisations in the country, employing 17,000 staff and providing a range of hospital and community healthcare services to around 1 million people across Salford, Oldham, Bury, Rochdale and surrounding areas. Our Care Organisations are responsible for providing our services, delivering safe, high quality and reliable care to the local communities they serve.

The NCA brings together Salford Royal NHS Foundation Trust and the hospitals and community services of The Royal Oldham Hospital, Fairfield General Hospital in Bury, and Rochdale Infirmary (currently part of The Pennine Acute Hospitals NHS Trust).

 [www.facebook.com/NorthernCareAllianceNHSGroup](http://www.facebook.com/NorthernCareAllianceNHSGroup)

 [www.linkedin.com/company/northern-care-alliance-nhs-group](http://www.linkedin.com/company/northern-care-alliance-nhs-group)

 Northern Care Alliance NHS Group (NCA) @NCAlliance\_NHS

**Date of publication: March 2015**

**Date of review: January 2021**

**Date of next review: January 2023**

**Ref: PI(M)927**

© The Northern Care Alliance NHS Group

[www.pat.nhs.uk](http://www.pat.nhs.uk)

[www.northerncarealliance.nhs.uk](http://www.northerncarealliance.nhs.uk)

