Information for Patients about

NHS
Greater Glasgow and Clyde

A Tilt Table Test

Cardiac Physiology (ECG) Department
Glasgow Royal Infirmary

You have been asked to attend Glasgow Royal Infirmary for a Tilt Table Test. This leaflet will give you more information about your appointment.

What is a Tilt Table Test?

A tilt table test is to find out why you may be feeling faint, dizzy, or have experienced blackouts. It checks how your body controls your heart rate and blood pressure when you change position from lying down to standing up. The test will last 60 minutes.

Why do I need this test?

The test helps your doctor understand whether your symptoms are linked to changes in blood pressure or heart rate.

Please bring:

- **a list of any medications that you are currently taking.**
- **a relative or friend with you to this appointmen**t.

Before the test:

- **Do not eat or drink for at least 2 hours before the time of your test.**
- Take your usual medications unless you have been told otherwise.
- Wear comfortable, loose-fitting clothing (ideally a short sleeve top).

During the test:

1. You will lie flat on an adjustable table.
2. The staff will attach monitoring equipment to your arm, wrist and torso to check your heart rate and blood pressure.
3. The table will slowly be tilted to an upright position at 70 degrees.
4. You will remain tilted for a maximum of 40 minutes, whilst the staff monitor your vital signs.
5. The test may be stopped early if you feel unwell or if the physiologist notices significant changes in your readings.

Results

The results will be sent to the doctor who requested the test.

Cancelling your Appointment

If you are unable to keep this appointment, please contact us as soon as possible on ☎ **0141 211 8430**.

Contact Details:

If you have any questions, please contact the Department: ☎ **0141 211 8430**