

Tilt table test

Information for patients, parents and guardians

This leaflet provides information about your child's forthcoming appointment so that you know exactly what to expect and can help prepare your child. We'll go into more detail during the appointment and you'll both be able to ask any questions that you may have.

Having a tilt table test

A tilt table test is designed to look at how your child's body responds to standing upright for a long period of time. They may be referred for this test if they have had episodes of fainting, collapse or passing out with an unknown cause. The test aims to induce their symptoms in a controlled and safe environment where they can be monitored. The results will hopefully explain why they might be having these episodes.

Preparing for your appointment

Your child must not eat or drink anything, including water, for four hours prior to this test.

At the appointment

At the beginning of the test we'll ask your child to undress to the waist, but we'll ensure they're covered up appropriately with a hospital gown. They'll then be asked to lie down on a couch, which is the tilt table. Stickers (called electrodes) will be attached to their chest. A blood pressure cuff will also be attached to their hand and upper arm. This equipment will be used to continuously monitor their heart rate, rhythm and blood pressure throughout the test.

We'll use fabric straps to ensure your child is safely secured to the tilt table. The table will tilt them upwards until they are practically standing upright, i.e. tilted head-up. They'll be in this position for up to 45 minutes whilst the technicians in the room turn the lights down and sit quietly behind the tilt table. We'll closely monitor your child throughout the test to see if there are any changes in their heart rate, rhythm or blood pressure.

You will need to stay quiet during the test, but your child will be able to talk to you or the technicians at any point during the test, for example if they start to feel unwell. If they do pass out during the test the tilt table will immediately be brought back down to the flat position. We'll raise their feet slightly so that they are higher than their head to enable them to recover quickly.

At the end of the test the technicians will inform you both that the test is over. They will carefully bring the table back to the starting position, so that your child is lying flat again. We'll release the safety straps and disconnect them from the monitoring devices. You may like to bring some food and drink with you for after the appointment, as your child won't have had anything to eat or drink for almost five hours.

The results

We'll send the results to the doctor who requested the test, which may be your child's GP or a hospital consultant. You may be given the results of this test during your child's next clinic appointment with their hospital consultant. Alternatively the results may be sent back directly to your child's GP. If you are unsure please ask during your appointment.

Further information

If you need help getting to the appointment please contact your GP surgery so they can arrange hospital transportation for you both.

If you would like further information please contact the non-invasive cardiology department on **023 8120 6404**. Alternatively you can visit our website at **www.uhs.nhs.uk** and search for '**non-invasive cardiology**'.

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