Tilt test

Information for patients

What is a tilt test?

A tilt test is when your blood pressure and heart rate is measured, firstly with you lying down, and then at five minute intervals whilst you are supported in an upright position. This test is designed to assess symptoms you may have been experiencing, like light-headedness or dizziness, and to see if your symptoms are related to your blood pressure or heart rate.

How long will it last for?

The test will usually be for about an hour.

Important instructions

Unless you are diabetic please fast for two hours before the test. Continue taking any medications as usual. If in any doubt, always check with your consultant.

Do you need to change your appointment or ask a question?

If you have any questions about your appointment, or need to cancel or change it, please contact the department in advance using the telephone number on your appointment letter.

Public transport and travel information

Bus details available from: Lothian Buses on 0131 555 6363 www.lothianbuses.co.uk

Traveline Scotland on 08712002233 or www.travelinescotland.com

Train details available from: National Rail Enquiries on 03457 484 950 or www.nationalrail.co.uk

Patient Transport

Patient Transport will only be made available if you have a medical/clinical need. Telephone **0300 123 1236** (calls charged at local rate) up to 28 days in advance to book, making sure you have your CHI number available (find this on your appointment letter). Hard of hearing or speech impaired? Use text relay: **18001-0300 123 1236** (calls charged at local rate). To cancel patient transport, telephone 0800 389 1333 (Freephone 24 hr answer service).

Interpretation and translation

Your GP will inform us of any interpreting requirements you have before you come to hospital and we will provide an appropriate interpreter. If you are having this procedure as an existing inpatient, staff will arrange interpreting support for you in advance of this procedure. This leaflet may be made available in a larger print, Braille or your community language.