

Neurophysiology department

# Your thermal threshold test (TTT)

## Information for patients, relatives, and carers

This leaflet explains what a thermal threshold test (TTT) is and how to prepare for it. We hope it answers any questions you or those who care for you may have. This leaflet does not replace the discussion between you and your care team but aims to help you understand more about what is discussed. If there is anything that you do not understand please ask your care team.

### What is a thermal threshold test TTT?

A TTT examines how sensitive your small nerves are to changes in temperature (warm and cold). The test is painless and takes approximately 30 minutes.

### Preparing for the test

- Continue to take your medication as normal
- Please eat and drink as normal
- Please bring a list of your current medication with you to the appointment
- Please make sure your hands and feet are clean and dry for the test

**Please arrive on time for your appointment. If you are running late, please call us on the appropriate number listed on page 3, otherwise we may have to cancel or reschedule your test.**

### During your test

- When you arrive at your appointment you will be called in by the clinical physiologist who will explain the test, answer any questions you may have and ask you to sign a consent form
- They will ask about your medical history and ask to see the list of your current medication
- They will ask you to remove all footwear including socks, stockings and tights for the test
- A small probe will be placed on your hands or feet and you will be told to press a button once you feel a change in temperature
- The temperature change is usually gradual and should not feel painful
- Both hands and feet will be tested

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- Once the test is finished, the physiologist will remove the probe
  - The results will be analysed and a report will be sent to your referring consultant which usually takes up to two weeks

## Risk or complications following the test

There are no known risks or side effects of having a TTT.

## Contact us

If you cannot make your test or have any questions or concerns about your appointment please contact the relevant neurophysiology department:

- St Marys Hospital: **020 3312 6628**
- Charing Cross Hospital: **020 3311 1329 / 7515**

We are open Monday–Friday, 09.00–17.00.

## How do I comment on my visit?

We aim to provide the best possible service and staff will be happy to answer any of the questions you may have. If you have any **suggestions** or **comments** about your visit, please either speak to a member of staff or contact the patient advice and liaison service (**PALS**) on **020 3313 0088** (Charing Cross, Hammersmith and Queen Charlotte's & Chelsea hospitals), or **020 3312 7777** (St Mary's and Western Eye hospitals). You can also email PALS at [imperial.pals@nhs.net](mailto:imperial.pals@nhs.net) The PALS team will listen to your concerns, suggestions or queries and is often able to help solve problems on your behalf.

Alternatively, you may wish to complain by contacting our complaints department:  
Complaints department, fourth floor, Salton House, St Mary's Hospital, Praed Street  
London W2 1NY

Email: [ICHC-tr.Complaints@nhs.net](mailto:ICHC-tr.Complaints@nhs.net)

Telephone: **020 3312 1337 / 1349**

## Alternative formats

This leaflet can be provided on request in large print or easy read, as a sound recording, in Braille or alternative languages. Please email the communications team:  
[imperial.communications@nhs.net](mailto:imperial.communications@nhs.net)

## Wi-fi

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