

Patient information factsheet

24 hour blood pressure monitor

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

Having a 24 hour blood pressure monitor

A blood pressure monitor is used to measure and record your blood pressure over a 24 hour period during your normal daily routine. It can be used to diagnose conditions such as high blood pressure (hypertension). It is sometimes used to diagnose a condition called white coat hypertension, which is when high blood pressure readings are caused by being in a clinical environment, such as a doctor's surgery or a hospital. It can also be used to assess the use of medication for blood pressure control.

Preparing for your appointment

You'll need to wear something with loose sleeves so that we can put a blood pressure cuff on your upper arm. The monitor itself will be attached to a belt around your waist. If possible, **please wear your own belt**. If you do not have one, we can provide one for you.

At the appointment

The first step is to record your blood pressure manually in both arms and then we'll attach the blood pressure monitor and cuff to your upper arm. The cuff will usually be attached to your least dominant arm, for example to your left arm if you are right handed. The arm cuff connects via a small tube to the monitoring device, which is a small box worn on a belt around your waist. The blood pressure cuff will be inflated during your appointment to check the device is recording correctly.

During your appointment we'll ask you what time you get up and go to bed each day. We'll then set-up the monitor to automatically record your blood pressure every 30 minutes during the day and every 60 minutes throughout the night. During a recording the blood pressure cuff around your arm will inflate.

Wearing the monitor

When you feel the cuff starting to inflate you should try to sit down with your arm rested and straight (only do this where possible and safe to do so). You will need to keep still and quiet during the recording. If the monitor is unable to record your blood pressure, which can happen for a number of reasons, then it will automatically retry five minutes later, re-inflating the cuff again. The device is automated so you won't need to do anything.

It's important that you carry on with your normal daily routine whilst you're wearing the monitor. This includes any exercise you would normally do, as advised by your doctor (if applicable). You will be given a diary sheet to complete whilst wearing the monitor. Use this to make a note of the exact time and details of any symptoms you may experience. You won't be able to have a bath or a shower whilst you're wearing the monitor as it must stay dry.

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Returning the monitor

At the same time the following day you will need to return to the non-invasive cardiology reception and check in at reception. We will remove the blood pressure monitor and review your diary sheet with you. The recording will then be analysed and the results will be sent to your doctor. **It's very important that these devices are returned so they're available for other patients to use.**

Your results

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

Further information

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

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'.

For a translation of this document, or a version in another format such as easy read, large print, Braille or audio, please telephone **0800 484 0135** or email patientsupporthub@uhs.nhs.uk

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