



Information For Patients - 24 Hour Blood Pressure Monitoring

- **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.

- **Preparing for your appointment**

An appointment will be booked for you to have the 24 hour blood pressure monitor fitted and an appointment booked for it to be removed the next day. It is advised that you do not drive whilst wearing the monitor so please arrange transport if needed to the appointments. We are unable to fit the 24 hour blood pressure monitor if you are unable to avoid driving during this 24 hr period.



You will need to wear loose short sleeved clothing as the leads from the monitor go along the body, around the neck and down the other side. We would also advise that you shower prior to your appointment as you must not shower whilst you are wearing the monitor.

- **At the appointment**

The cuff will usually be attached to your non-dominant arm, for example to your left arm if you are right handed. The monitor is attached to a belt placed around the shoulder

- **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, re-inflating the cuff again. The device is automated so you won't need to do anything. The monitor will inflate every 30 minutes during the day and every 60 minutes throughout the night.



Its important that you carry on with your normal daily routine whilst you're wearing the monitor. You will be given a diary sheet to complete whilst wearing the monitor. If you feel the monitor cuff is too tight or not working as it should be, please return to the practice.