

Ambulatory Blood Pressure Monitoring

A patient's advice sheet

Measuring blood pressure (BP) at regular intervals for up to 24 hours is useful to assess patients who are known or suspected to have high blood pressure and this will help to decide effective treatment.

You will not need to stay in hospital for this procedure.

This method has been found to be successful if it happens in the patient's own environment as this gives more accurate readings.

You are fitted with a cuff to wear around your arm which is attached to a small machine that records your blood pressure. The cuff inflates twice an hour during the day, and once an hour during the night-time period (the number of cuff inflations can be increased if required).

As the cuff inflates it may be slightly uncomfortable, so relax your arm down by your side, keeping your arm and fingers still, as moving them can affect the readings (Do not do this if you are driving).

Whilst wearing the BP monitor you will be asked to fill in a diary stating your activities and medications, and to carry on with normal activities unless you are directed otherwise by your physician.

Please do not remove the BP monitor during the 24 hours.

Whilst wearing the device you must not have a bath or shower.

At the end of 24 hours you will be required to return to the hospital to have the BP monitor removed.

The data will be analysed and a report will be sent to your doctor or cardiologist.