

# Ambulatory blood pressure monitoring

## Patient information 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, as this will help to decide effective treatment.

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

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

You will be 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 reading. **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 the 24 hours, you will be required to return the BP monitor to the hospital. The data will then be analysed and a report will be sent to your doctor or cardiologist. Please return to the returns box located at main reception.

### Contact details

ECG department  
Analysis, Corridor D  
Outpatients

For queries, please call: 01223 638025  
08:00 - 18:00 Monday - Friday

Author ID: Associate practitioner  
Department: ECG department  
Printed: July 2024  
Review date: July 2026  
Version: 02  
Leaflet number: PI 140



Large print copies and alternative language versions of this leaflet can be made available on request.

Royal Papworth Hospital NHS Foundation Trust  
Papworth Road, Cambridge  
Biomedical Campus,  
Cambridge CB2 0AY  
Tel: 01223 638000  
[www.royalpapworth.nhs.uk](http://www.royalpapworth.nhs.uk)

© 2024 Royal Papworth Hospital NHS Foundation Trust

A member of Cambridge University Health Partners

View a digital version of this leaflet by scanning the QR code

