

**24 Blood Pressure Monitoring**  
**Patient Information Leaflet**

**What is 24 hour Blood Pressure monitoring?**

24 hour Blood Pressure monitoring is when you wear a Blood Pressure monitor continuously for 24 hours. It ensures we have an accurate reading of your blood pressure taking into account your daily living. Sometimes blood pressure can be raised at the surgery but is normal at home.

**When you attend for your appointment**

- Please wear a top which is loose or stretchy around the arms & stomach.
- Please have a shower beforehand. The machine is not water proof and the arm band should not be removed for the whole of the 24 hours.

**What is involved**

- The recorder is attached to a belt that fits around your waist or over your shoulder, whichever you prefer.
- The recorder is connected by rubber tubing to a cuff around your arm.
- The recorder beeps each time it is about to work which is every half an hour during the daytime and hourly during the night.
- The cuff then starts to inflate and so it is a good idea to keep your arm straight and relaxed if possible.
- The recorder may go off a second time if the first reading fails.

**During the 24 hour monitoring period**

- You will be able to go to work as usual however please avoid working with power tools and heavy equipment, also avoid heavy physical activity.
- You may drive and carry on with your normal day to day activities.
- You may put the recorder under your pillow during the night.

**When you have finished the 24 hour period**

- Remove the machine, turn it off, and put it in a carrier bag **with your name on it**.
- Please return the bag as soon as possible to reception during our opening hours (check our website for opening hours details).
- Please make a telephone appointment for 2-3 days later with the Doctor or Nurse Practitioner who asked you to have the test.

**Remember!!**

- DO NOT REMOVE THE CUFF until the 24 hours is completed
- DO NOT ALLOW THE MACHINE TO GET WET

**Thank-you!**