



# The Rowan Suite

World Class Private Heart & Chest Care

## 24 Hour Blood Pressure Monitoring

Portable blood pressure monitor



Information for Patients & Families

**This leaflet has been written to provide information about undergoing 24 hour blood pressure monitoring. We hope it answers some of the questions or concerns you may have. It is not intended to replace talking with medical, nursing or technical staff.**

### ***What is involved with 24 hour blood pressure monitoring?***

You will be fitted with a cuff to wear around your arm which is attached to a small machine that records your blood pressure over a period of time, usually 24 hours. The cuff will inflate regularly during the day and night. You will be asked to keep a diary or a log of your activities while you are wearing the monitor.

### ***Will it be uncomfortable?***

It may be slightly uncomfortable as the cuff inflates. It helps if you relax your arm down by your side whilst it inflates, as this will lessen the chance of the monitor having to retry and helps it to be more accurate. Most people get used to wearing the monitor very quickly.

### ***Can I continue normal activities whilst being monitored?***

Keep to your normal routine whilst wearing the monitor but avoid taking a bath or a shower as you must not get the monitor wet.

### ***What are the benefits of having 24 hour blood pressure monitoring?***

Having your blood pressure monitored in your own environment, over a period of time can provide your doctor with a more accurate assessment than a single recording taken during a clinic visit.

Monitoring blood pressure over a period of time is also useful to assess patients who are known to have high blood pressure and determine how effective treatment is.

### ***Are there any risks involved?***

There are no known risks involved with blood pressure monitoring.

### ***What alternatives do I have?***

Not everyone with high blood pressure or suspected high blood pressure will need 24 hour monitoring. Your doctor may decide to monitor your blood pressure at regular intervals or even less if it is well controlled.

### ***What can I expect afterwards?***

You will be informed what time to remove the cuff the following day and return the monitor to the ECG department. The blood pressure recording and diary or activity log will be sent to your cardiologist who will inform you of the results.

**For further information visit:**

- [www.lhch.nhs.uk](http://www.lhch.nhs.uk)
- [www.nhsdirect.nhs.uk](http://www.nhsdirect.nhs.uk)
- [www.bhf.org.uk](http://www.bhf.org.uk)
- [www.dipex.org](http://www.dipex.org)

**Or contact:**

The British Heart Foundation heart helpline on 0845 070 870

**If you require a copy of this leaflet in any other format or language please contact us quoting the leaflet code and the language or format you require.**

<p>إذا لديك الرغبة في الحصول على نسخة من هذه المعلومات بأي لغة أخرى أو بشكل آخر ( على سبيل المثال بخطوط كبيرة) ، الرجاء الاتصال علينا على الرقم 0151 600 1257 موضحاً الشكل أو اللغة التي ترغب فيها.</p>
<p>如果您想索取一份以其他語文或形式（如大字體）編印成的資料傳單，請致電 0151 600 1257 向我們查詢，並說明您所需要的形式和語文。</p>
<p>ئەگەر ئەم زانیاریانەت بەھەر زامانیکی تریاخود شیولزیکی تر دەویت (بۆ نموونە بە چاپی گەورە) ئەوا تکایە بە ژمارە تەلەفونی 0151 600 1257 پەیوەندیمان پێوە بکە و نامازە بدە بەر زمانەیی یاخود شیوەییە کە دەتەویت</p>
<p>W celu uzyskania niniejszej informacji w innym języku lub formacie (np. dużym drukiem), prosimy o kontakt z nami pod numerem 0151 600 1257 podając wymagany format lub język.</p>
<p>Haddii aad u baahan tahay koobiga wargelintan oo luqad ama qaab kale (sida far waaweyn) fadlan nagala soo xiriir 0151 600 1257 adiga oo noo sheegaya luqadda ama qaabka aad wax ku rabtid.</p>