

INFORMATION FOR PATIENTS

24 hour blood pressure monitor

Introduction

This leaflet gives you information about the test that has been booked for you.

What is an ambulatory blood pressure monitor?

It is a small monitor that automatically measures and records your blood pressure during the day and night.

Why is it being done?

The recording gives your doctor information about your blood pressure levels when you are away from hospital.

What does it involve?

You will have your blood pressure taken by a staff member using a stethoscope, in both of your arms if possible. The monitor will then be attached to you. The monitor will sit on a belt around your waist and connect to a blood pressure cuff on your arm. The blood pressure cuff will automatically inflate at regular intervals throughout the monitoring period to take readings of your blood pressure.

The monitor will make some buzzing noises each time the cuff is pumped up. You will be asked to keep a diary of your activities at the time of each reading and any symptoms you may have.

If you require a chaperone, you may bring a friend or relative. Alternatively, the hospital may provide a chaperone at your request.

How long will the fitting take?

Usually about 20 to 30 minutes.

What should I wear?

Please wear something loose fitting allowing access to your upper arm.

Can I carry out my normal activities?

Yes. We advise you to carry on with your daily routine as normal. You will go home with the monitor and may go to work if you wish. Do not get the monitor wet.

Will I have to wear the monitor in bed?

Yes. The doctor needs to know what happens to your blood pressure throughout the whole monitoring period, including whilst you are asleep.

Can I have a bath or shower?

No. You must not get the monitor or the cuff wet, we advise you to have a bath or shower before you come for the test.

Will I be given the results?

The results will be passed onto the doctor who requested the test. You will be given the results at your next appointment.

Can I return the monitor to a different hospital?

The monitor must be returned to the same clinic you attend for the fitting. This is because we have a limited number of monitors and they need to be downloaded and re-issued to other patients that need them.

Can someone else return the monitor for me?

Yes.

What if I need hospital transport?

If you need hospital transport due to medical reasons you will need to arrange this by using one of the numbers below:

Nottinghamshire/Leicester: 0345 266 9662

Derbyshire: 0300 300 3434

Lincolnshire: 0843 357 1556

Contact details

Cardiorespiratory and Vascular

Department: **01623 672259**

Further sources of information

NHS Choices: www.nhs.uk/conditions

Our website: www.sfh-tr.nhs.uk

Patient Experience Team (PET)

PET is available to help with any of your compliments, concerns or complaints, and will ensure a prompt and efficient service.

King's Mill Hospital: 01623 672222

Newark Hospital: 01636 685692

Email: sfh-tr.PET@nhs.net

If you would like this information in an alternative format, for example large print or easy read, or if you need help with communicating with us, for example because you use British Sign Language, please let us know. You can call the Patient Experience Team on 01623 672222 or email sfh-tr.PET@nhs.net.

This document is intended for information purposes only and should not replace advice that your relevant health professional would give you.

External websites may be referred to in specific cases. Any external websites are provided for your information and convenience. We cannot accept responsibility for the information found on them.

If you require a full list of references for this leaflet, please email sfh-tr.patientinformation@nhs.net or telephone 01623 622515, extension 6927.

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