

Your appointment for a 24-hour blood pressure monitor fitting

Respiratory Physiology Department

Information for Patients

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This leaflet has information about your appointment so that you know exactly what to expect. We will go into more detail during your appointment and you will also be able to ask any questions that you may have.

Having a 24 hour blood pressure monitor

A blood pressure monitor is used to measure and record your blood pressure over a 24 hour period during your normal daily routine. It can be used to diagnose conditions such as high blood pressure (hypertension) or low blood pressure (hypotension)

It is sometimes used to diagnose a condition called white coat hypertension (WCH), which is when high blood pressure readings are caused by being in a clinical environment, such as a doctor's surgery or a hospital. It can also be used to assess the affect of any medication.

Preparing for your appointment

- You will need to wear something with loose sleeves so that we can put a blood pressure cuff on your upper arm. The monitor itself will be attached to a belt around your waist.
- Take any medications as normal, unless told otherwise.
- While wearing the blood pressure monitor, **you are advised not to drive or be in control of any machinery**. This is due to the distraction of the cuff inflating.

Health information and support is available at www.nhs.uk
or call 111 for non-emergency medical advice

Visit www.leicestershospitals.nhs.uk for maps and information about visiting Leicester's Hospitals
To give feedback about this information sheet, contact InformationForPatients@uhl-tr.nhs.uk

What happens during the test?

1. Whilst you are with us, we will measure your blood pressure in both arms by attaching the blood pressure monitor and cuff to your upper arm. We will then fit the arm cuff to 1 of your arms. The cuff will connect to the monitoring device by a small tube. The monitoring device is a small box worn on a belt around your waist.
2. We will set-up the monitor to automatically record your blood pressure.
3. It is important that you carry on with your normal daily routine whilst you are wearing the monitor but you must avoid getting the equipment wet.
4. You will be given a diary sheet to complete whilst wearing the monitor. Use this to make a note of the time you went to bed and woke up, times of any medication taken and any symptoms you may have. This will help the doctors know if the medication is helping with your blood pressure.

How long will the fitting take?

It takes about 20 to 30 minutes.

Are there any risks with the test?

There are no known risks with blood pressure monitoring. However, it may be slightly uncomfortable as the cuff inflates. To help this try to keep your arm still and relaxed, avoiding unnecessary movements whilst the blood pressure readings are taking place. This will lessen the chance of the monitor having to repeat a measurement.

Where do I need to go?

Please see the attached letter for this information.

Returning the monitor

The next day you will take off the monitor yourself.

Remove the cuff from your upper arm at the time advised by member of staff.

- **Switch the monitor off –please do not forget to do this.**

It is very important that these devices are returned on the agreed day, time and place so they can be used for other patients.

Leaflet 348: [24 hour blood pressure monitoring](#) explains what happens during the process. It also explains how to return the monitor.

Your results

The recording will then be looked at and the results will be sent to the doctor who asked for the test. This may be your GP or a hospital consultant.

Contact details

Contact details If you have any questions or concerns before your appointment or need an interpreter, please contact the department on 0116 258 3420. You can also use this number to rebook or cancel your appointment

اگر آپ کو یہ معلومات کسی اور زبان میں درکار ہیں، تو براہ کرم مندرجہ ذیل نمبر پر ٹیلی فون کریں۔
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Aby uzyskać informacje w innym języku, proszę zadzwonić pod podany niżej numer telefonu

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