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24-hour blood pressure monitoring - instructions after fitting

Respiratory Physiology Unit

Information for Patients

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Introduction

You have been fitted with a blood pressure monitor. It will measure your blood pressure at regular times during the day and night. This allows us to check your blood pressure over a 24-hour period whilst you carry out your normal daily activities.

What will the monitor do?

The monitor is usually programmed to take your blood pressure at the following times:

- every 20 minutes between 7am and 10pm (whilst you are awake)
- every 30 minutes between 10pm and 7am (whilst you are sleeping)

During the day the monitor will ‘beep’ to warn you that it is about to take a reading. It will ‘beep’ again to let you know it has finished. During the night no warning beeps are given.

As soon as you feel the cuff start to tighten, please keep your arm and fingers still and relaxed until the cuff is fully deflated.

You may feel some discomfort from the tightening of the cuff, but this will go away once the cuff has deflated. If you get any swelling, significant redness or excessive pain even after the cuff has deflated then remove the cuff and switch off the monitor.

If the monitor fails to record a reading it will ‘beep’ several times. It will automatically do a second reading shortly afterwards.

What do I need to do?

You should avoid driving. **Please do not get the monitor wet. Do not have a bath or shower while wearing the monitor.** You can continue all other normal daily activities.

Follow the instructions given to you by the physiologist. Take all your normal medication unless you are told not to.

A mark will have been drawn on your arm to line up with the arrow on the cuff. Check this every so often to make sure the cuff is in the right position.

Your blood pressure reading will **not** be displayed at all over the 24 hours.

You will have been shown how to remove the cuff and the blood pressure monitor after 24 hours.

Remember to switch off the monitor. Place all the equipment and this completed leaflet in the box/envelope provided. Return to the reception desk at the Main Entrance where the device was fitted, at the agreed time.

If you have any queries, please contact us on 0116 258 3419 (8.30am to 4pm).

Name:	Date:	Monitor number:

Please complete the information below over the next 24 hours:

Time you went to bed:	Time you got up:

Date	Time	Medication taken	Dose (mg)	Symptoms	Activities (for example strenuous exercise)

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

Visit www.uhleicester.nhs.uk for maps and information about visiting Leicester's Hospitals.

To give feedback about this information sheet, contact uhl-tr.informationforpatientsmailbox@nhs.net

اگر آپ کو یہ معلومات کسی اور زبان میں درکار ہیں، تو براہِ کرم مندرجہ ذیل نمبر پر ٹیلی فون کریں۔

ਜੇ ਤੁਸੀਂ ਇਹ ਜਾਣਕਾਰੀ ਕਿਸੇ ਹੋਰ ਭਾਸ਼ਾ ਵਿਚ ਚਾਹੁੰਦੇ ਹੋ, ਤਾਂ ਕਿਰਪਾ ਕਰਕੇ ਹੇਠਾਂ ਦਿੱਤੇ ਗਏ ਨੰਬਰ 'ਤੇ ਟੈਲੀਫੋਨ ਕਰੋ।

إذا كنت ترغب في الحصول على هذه المعلومات بلغةٍ أُخرى، الرجاء الاتصال على رقم الهاتف الذي يظهر في الأسفل

Aby uzyskać informacje w innym języku, proszę zadzwonić pod podany niżej numer telefonu

જો તમને અન્ય ભાષામાં આ માહિતી જોઈતી હોય, તો નીચે આપેલ નંબર પર કૃપા કરી ટેલિફોન કરો.

If you would like this information in another language or format such as EasyRead or Braille, please telephone 0116 250 2959 or email uhl-tr.equalitymailbox@nhs.net

We are a research hospital and you may be asked to take part in research

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