

# Information about a 24 Hour Blood Pressure Monitor



Blood Pressure Clinic  
Medical Day Unit  
Queen Elizabeth University Hospital  
1345 Govan Road  
Glasgow G51 4TF  
Telephone: ☎ **0141 452 3115**

We have made an appointment for you to attend to have a 24 hour blood pressure monitor fitted.

The Medical Day Unit is on the 1<sup>st</sup> Floor. Please enter via the Main Entrance and take the Bute lift or the escalator to the first floor.

If you are unable to attend please phone ☎ 0141 452 3115 or 3110.

## **Why do I need a 24 hour blood pressure monitor fitted?**

A single blood pressure reading can be misleading because it only gives a snapshot of blood pressure behaviour and blood pressure can vary greatly over a 24 hour period.

## **What to bring to your appointment?**

To assist us in fitting the blood pressure monitor it would be helpful if you could bring a belt and wear a loose fitting or a short sleeved top.

## **How is it fitted?**

The nursing team will fit the monitor. They will apply the blood pressure cuff to one of your arms and using rubber tubing they will attach it to a monitor which records your blood pressure. It takes approximately 10 - 15 minutes to fit the monitor.

## **How long do I wear the monitor for?**

You need to wear the monitor for 24 hours so that we are able to see what your blood pressure is during the day and night.

## **Instructions**

It is important to keep the arm with the cuff relaxed by your side when the cuff inflates. Moving your arm is a common cause for a failed reading, the cuff will inflate again if the first reading fails.

## Returning the monitor

Either you or a family member can return the monitor to the medical day unit 24 hours later or as arranged with the Nursing Staff. Please remember to switch the monitor off. You can leave the monitor in the drop off container at the Medical Day Unit reception desk. If required, the nursing staff can help you remove the monitor.

## Results

When you return the monitor we will try to give you a print out of the result for you and your GP. The doctor who referred you will receive a report.

## Trouble shooting

- **It's stopped checking your blood pressure** - check the monitor is still switched on.
- **Cuff not inflating but you hear the monitor working** - check the connections, possible air leak.
- **Display not showing readings** - The monitor is only set to show the first couple of readings thereafter dashes will be seen.
- **Cuff keeps inflating** - make sure that you are keeping your arm still when your blood pressure is being checked.

## Further information or advice

If you have any question please do not hesitate to ask when the monitor is being fitted or contact the department on:

☎ 0141 452 3115, answering machine ☎ 0141 451 6186.

