Cardiology Department
Emergency Care & Medical Services

NHS
Greater Glasgow and Clyde

Information for Patients

Information about 24 Hour Blood Pressure Monitor

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What is it?

This is a way of recording your blood pressure over a 24-hour period. This is a very simple procedure with no side effects.

Why is it done?

This test will give your doctor information about your blood pressure as you carry out your normal daily activities. Sometimes when you attend your doctor or the outpatient department at the hospital your blood pressure is higher than normal. The blood pressure monitor allows your doctor to see your blood pressure readings when you are more relaxed at home. It is also done to check that any medication you have been prescribed to control your blood pressure is working.

How is it done?

The cardiac physiologist will ask you to remove your outer clothing. A blood pressure cuff will be fitted to your upper arm. The cuff will be attached to a small recorder worn on a belt around the waist (slightly bigger than a mobile phone). Please wear a loose fitting top.

The cardiac physiologist will take a blood pressure recording to make sure the blood pressure cuff is in a good position.You will be asked to relax and to allow your arm to rest by your side. If the reading is satisfactory you will be asked to get dressed. The blood pressure monitor will take a reading every 20 to 30 minutes during the day and then hourly during the night. You will be asked to return 24 hours later to have the monitor taken off.

- You must **not** bathe or shower while wearing the monitor. The monitor is hospital property so please take care of it.

- **This is expensive equipment so please take care of it and return at the time given to you by the physiologist to allow us to get the monitor ready for the next patient. There is high demand for these monitors and they are in constant use.**

- The results will be sent to the doctor who asked for the test.

Remember if you have any doubts or worries please discuss this with your physiologist.