

## 24-hour blood pressure monitor

### What is a 24-hour blood pressure monitor and why would I need one?

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). It is sometimes used to diagnose a condition called white coat hypertension, 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 use of medication for blood pressure control.

### Preparing for your appointment

You'll need to wear something with loose, short 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. You can wear your own belt or we can provide one for you. We do not routinely provide a chaperone, but one will be available at your request. Please bring your medication or an up-to-date repeat prescription list with you when you attend this appointment. The test will take approximately 10-15 minutes on each occasion.

### At the appointment

The blood pressure cuff will usually be attached to your least dominant arm. The arm cuff connects via a small tube to the monitoring device, which is a small box worn on a belt around your waist. The blood pressure cuff will be inflated during your appointment to check the device is recording correctly. We will then set up the monitor to automatically record your blood pressure every 30 minutes during the day and every 60 minutes throughout the night. During a recording the blood pressure cuff around your arm will inflate.

### Wearing the monitor

When you feel the cuff starting to inflate you should try to sit down with your arm rested and straight (only do this where possible and safe to do so). You will need to keep still and quiet during the recording. If the monitor is unable to record your blood pressure, which can happen for several reasons, then it will automatically retry, re-inflating the cuff again. The device is automated, so you won't need to do anything. It's important that you carry on with your normal daily routine while you're wearing the monitor. This includes any exercise you would normally do, as advised by your doctor (if applicable). You won't be able to have a bath or a shower while you're wearing the monitor as it must stay dry. **We advise that you do not drive any vehicle while wearing this device; if you do decide to drive, please check with your insurance company to ensure your cover is valid.**

### What happens next?

You will need to return the monitor to us the following day as instructed. We ask that you remove the monitor yourself and place it in the envelope we have provided. Please **remove the batteries from the monitor as instructed by the physiologist**. It is very important that the device is returned within the agreed time to enable us to consider the results of your recording and determine your future treatment. We have many patients waiting for these devices so returning the monitor on time is essential in order for another patient to receive treatment.

## Returning the device

Please ensure you have made plans to return your device the following day after fitting. If you will not be able to return the monitor, please rearrange your appointment.

**If you had the monitor fitted at Conquest:** please drop it off in the envelope provided, at Conquest Cardiology reception, Level 2, during the week. If you are returning the device at the weekend please return to James Ward, Level 2.

**If you had the monitor fitted at Eastbourne DGH:** please drop off in the envelope provided, at Eastbourne Cardiology reception, Green Zone Level 3. Please place the envelope in the box labelled **Cardiac Monitor Box**.

**If devices are not returned you may be liable to pay up to £2,500.**

## Consent

Although you consent for this treatment, you may at any time after that withdraw such consent. Please discuss this with your medical team.

## Important information

The information in this leaflet is for guidance purposes only and is not provided to replace professional clinical advice from a qualified practitioner.

## Your comments

We are always interested to hear your views about our leaflets. If you have any comments, please contact the patient experience team on 0300 131 4784 or [esh-tr.patientexperience@nhs.net](mailto:esh-tr.patientexperience@nhs.net).

## Hand hygiene

We are committed to maintaining a clean, safe environment. Hand hygiene is very important in controlling infection. Alcohol gel is widely available at the patient bedside for staff use and at the entrance of each clinical area for visitors to clean their hands before and after entering.

## Other formats

**If you require any of our leaflets in alternative formats, such as large print or alternative languages, please contact the Equality and Human Rights Department on 0300 131 4434 or [esh-tr.AccessibleInformation@nhs.net](mailto:esh-tr.AccessibleInformation@nhs.net)**

After reading this information are there any questions you would like to ask? Please list below and ask your nurse or doctor.

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## Reference

The following clinicians have been consulted and agreed this patient information:  
Julie Lovell – Principal Cardiac Physiologist

The directorate group that has agreed this patient information leaflet: Medicine

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Responsible clinician/author: Julie Lovell – Principal Cardiac Physiologist  
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