

Test results

Once you have returned the monitor, we will send your results to the consultant or GP who requested the test.

More information

If you have any questions, please contact the Cardiology/ECG Department.

Appointments **01895 823 737 Ext 5410**

Technicians **01895 823 737 Ext 5566**

Problems with the monitor are rare, and may only be resolved the following day. If you need to call out of hours, please call Harefield Hospital switchboard **01895 823 737**, and you will be put through to an on-call cardiac physiologist. Please only call out of hours in an emergency.

If you have concerns about any aspect of the service you have received in hospital and feel unable to talk to those people responsible for your care, call PALS on 01895 826 572 or email pals@rbht.nhs.uk. This is a confidential service.



A lifetime of specialist care

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Royal Brompton & Harefield **NHS**
NHS Foundation Trust

Harefield Hospital

**24-hour
blood pressure
monitor test**

إذا كنت ترغب في الحصول على ترجمة فورية لمضمون هذه الوثيقة إلى اللغة العربية، يرجى منك الاتصال بأحد مستخدمينا بجنحة المصلحة التي يتم فيها استشفائك. أحد موظفينا سيسعى لترتيب إجراءات الترجمة وإتمامها في الوقت المناسب لك.

Brosurteki bilginin Türkçe tercumesi için tedavi görüyor olduğunuz bölüme basurunuz. Bölüm personeli tercümenin gerçekleşmesini en kısa zamanda ayarlayacaktır.

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This leaflet gives information about your 24-hour blood pressure monitor test. The leaflet does not replace personal advice from a healthcare professional. Please ask staff in the Cardiology/ECG department if you have any questions.

What is a 24-hour blood pressure monitor test?

The test measures your blood pressure at different times over 24 hours. An inflatable cuff is placed around your arm and is connected to a small monitor. The cuff inflates and deflates at regular intervals over 24 hours to measure and record your blood pressure.

You do not need to stay in hospital, and you can carry on with your normal daily activities during the test.

Why do I need a 24-hour blood pressure monitor test?

A single blood pressure measurement in clinic is not always very accurate, because blood pressure can change during the day, due to exercise, anxiety, sleep or some medication.

A 24-hour test gives us more detailed information about your blood pressure. The results will show if you need medication, or if your current medication is working well.

Fitting the monitor

Please wear a loose fitting top or shirt to your appointment, as this makes it easier to fit the monitor.

A cardiac physiologist will fit the cuff around your arm, so it is comfortable and fits firmly, for accurate results. The cuff is connected to a small monitor that stores the test results. You wear the monitor around your waist, clipped into a belt or waistband.

Fitting the cuff and monitor takes about 20 minutes.

Wearing the monitor

You should continue with your normal daily activities. If you take blood pressure medication, please continue to take your medication as usual, unless you have been told otherwise.

The cuff inflates every half hour during the day, and every hour during the night, over 24 hours. When you feel the cuff starting to inflate, straighten your arm and keep it still, so the measurements are as accurate as possible.

If the cuff inflates while you are driving, please ignore the monitor and concentrate on your driving.

When a measurement is made, it is normal for the monitor to display lines instead of your blood pressure reading.

If you need to reposition the cuff, please move it as little as possible.

Keeping a diary sheet

We will give you a diary sheet to write down the following information during the test:

- the time you go to sleep and wake up
- any exercise that you do
- any symptoms you experience, such as headaches or dizziness
- any blood pressure medication you take, and the dose
- any alcohol you consume.

After your test – returning the monitor

Please return the monitor as soon as possible after your test. If you do not return your monitor promptly, we may have to cancel appointments for other patients.

Please return the monitor to the cardiology department, or the main reception at Harefield Hospital.

You can return the monitor by post, if agreed with the cardiac physiologist before your ECG. Please send the monitor by special delivery, with insurance.

For more information, please ask your physiologist.