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CTPALS016	Version 5
Date of Publication:	March 2017
Date for Review:	March 2019

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Liverpool Heart and Chest Hospital **NHS**
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24 Hour Blood Pressure Monitoring



Portable blood pressure monitor

Excellent, Compassionate and Safe care for **every patient**, every day

This leaflet has been written to provide information about undergoing 24 hour blood pressure monitoring. We hope it answers some of the questions or concerns you may have. It is not intended to replace talking with medical, nursing or technical staff.

What is involved with 24 hour blood pressure monitoring?

You will be fitted with a cuff to wear around your arm which is attached to a small machine that records your blood pressure over a period of time, usually 24 hours. The cuff will inflate regularly during the day and night. You will be asked to keep a diary or a log of your activities while you are wearing the monitor.

Will it be uncomfortable?

It may be slightly uncomfortable as the cuff inflates. It helps if you relax your arm down by your side whilst it inflates, as this will lessen the chance of the monitor having to retry and helps it to be more accurate. Most people get used to wearing the monitor very quickly.

Can I continue normal activities whilst being monitored?

Keep to your normal routine whilst wearing the monitor but avoid taking a bath or a shower as you must not get the monitor wet.

What are the benefits of having 24 hour blood pressure monitoring?

Having your blood pressure monitored in your own environment, over a period of time can provide your doctor with a more accurate assessment than a single recording taken during a clinic visit.

Monitoring blood pressure over a period of time is also useful to assess patients who are known to have high blood pressure and determine how effective treatment is.

Are there any risks involved?

There are no known risks involved with blood pressure monitoring.

What alternatives do I have?

Not everyone with high blood pressure or suspected high blood pressure will need 24 hour monitoring. Your doctor may decide to monitor your blood pressure at regular intervals or even less if it is well controlled.

What can I expect afterwards?

You will be informed what time to remove the cuff the following day and return the monitor to the ECG department.

The blood pressure recording and diary or activity log will be sent to your cardiologist who will inform you of the results.