Ambulatory Blood Pressure Monitoring

Exceptional healthcare, personally delivered
What is an Ambulatory Blood Pressure Monitor?
This is a simple recording of your blood pressure that requires you to wear a cuff on your arm and a small box on a belt around your waist. You will wear this home and return it the next day.

Why do I need to have this test?
Your doctor has requested that you have this simple non-invasive test in order to monitor your blood pressure over a 24-hour period.

Preparing for the test
What should I wear when I attend for my test?
It would be most helpful if you could wear clothing that has fairly wide or flexible sleeves so that the cuff worn underneath has room to inflate.

What happens during the test?
The blood pressure cuff will inflate approximately every half hour during the day and hourly at night. You should carry out your normal activities, but you will not be able to have a bath or a shower whilst wearing the equipment. We do not advise driving, other than to and from the appointment, as the BP monitor can be a distraction.

Will I experience any discomfort or side effects?
You may experience a tingling sensation in your arm when the cuff is inflating. This will resolve when the cuff deflates
After the test

What happens after the test?
You will need to return the equipment to the Welcome Desk at the Main Entrance after 24 hours or as instructed at your appointment. The results will be downloaded onto a computer.

When/how will I receive the results of the test?
The results will be passed onto the doctor who requested the test. You are usually told the results at your next clinic appointment or a letter may be sent to your GP.

What will happen if I do not want to have this test?
If you do not have this test we will not be able to pass important diagnostic information to the doctors. This may affect the medical treatment that you receive.

References and further information
http://www.patient.co.uk/doctor/ambulatory-blood-pressure-monitoring.htm

NHS Constitution. Information on your rights and responsibilities. Available at www.nhs.uk/aboutnhs/constitution
If you or the individual you are caring for need support reading this leaflet please ask a member of staff for advice.

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