

# 24 hour blood pressure monitoring



As blood moves around your body it pushes against the sides of the blood vessels. The strength of this pushing is your blood pressure.

Blood pressure monitoring involves regular blood pressure recordings over a day.

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## What happens?

A blood pressure cuff is worn on your upper arm and connected to a monitor. The monitor is worn on a strap over your shoulder.

Your heart rate and blood pressure are measured every hour during the day and every two hours at night. During each measurement, the blood pressure cuff will get tight and then slowly loosen again. When the cuff is at its tightest, it closes off an artery before slowly re-opening it. This allows the blood pressure unit to measure how quickly blood refills this artery.

It will take about 15 minutes to have the cuff put on and to get instructions. You will need to return to the hospital the next day at the same time (24 hours later) to have the monitor taken off.

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There are no significant risks involved in 24 hour blood pressure monitoring.

## What do I have to do?

- While wearing the cuff, it is important to:
- wear a loose-fitting shirt
- remain still during readings
- record the time, your symptoms, mood, activity and position in the patient diary provided
- press the button at the first sign of symptoms
- make sure the monitor stays connected while you undress
- avoid driving a vehicle or travelling.

## Key things to remember:

While you are wearing the blood pressure cuff:

- Don't remove the cuff or take the batteries out of the unit
- Don't get the monitor wet (don't swim, shower or bathe)
- Don't wear long-sleeved sweaters or dresses
- Don't use power tools or heavy equipment. Vibrations may disrupt the monitor.

Please remember to bring the diary with you when you return to the hospital.