

## Patient Information Leaflet

### 24-hour ambulatory blood pressure monitor

Cardiology department

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#### Introduction

We hope this guide will answer your questions about your 24-hour ambulatory blood pressure monitor. Please contact the team if you require further information via the details at the end of this leaflet.

#### IMPORTANT information ahead of your procedure you must consider:

- Please ensure you are available to return the monitor to the department the next day.
- **HOSPITAL TRANSPORT PATIENTS:** Please ensure you make arrangements with transport on BOTH days of fitting and returning the monitor.
- If you are coming on a **STRETCHER**, please contact the department at 01279827195 to arrange a special appointment.
- Children are not allowed in the waiting area unattended. Staff are not permitted to supervise children so please ensure child care arrangements are in place to avoid your appointment being rescheduled.
- Please allow enough time for parking to avoid your appointment being rescheduled. We advise allowing at least 20 minutes before your appointment slot to allow enough time to park your car, as parking is limited. You may want to leave your car in an offsite car park.

#### What is a 24-hour 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.

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 ambulatory blood pressure monitor?

Your doctor has requested that you have this simple non-invasive test in order to monitor 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 procedure

- Wear a loose-fitting top that has fairly wide or flexible sleeves so that the cuff worn underneath has room to inflate.
- Please contact us before your appointment if you require a male or female cardiac physiologist, and we will do our best to accommodate your request.
- You can eat and drink as normal

### Medication

Please continue to take all medications as normal unless told otherwise by your doctor.

### Getting to us

Please check which hospital your appointment is at. Below are the addresses for The Princess Alexandra Hospital in Harlow and St. Margaret's Hospital in Epping.

If you are attending The Princess Alexandra Hospital (Hamstel Road, Harlow, Essex, CM20 1QX).

If you are attending St. Margaret's Hospital (The Plain, Epping, Essex, CM16 6TN).

### When should I arrive?

Please arrive at the Cardiology department approximately 10 minutes prior to your appointment time. Unfortunately, if you are late we may have to reschedule.

### The day of the procedure

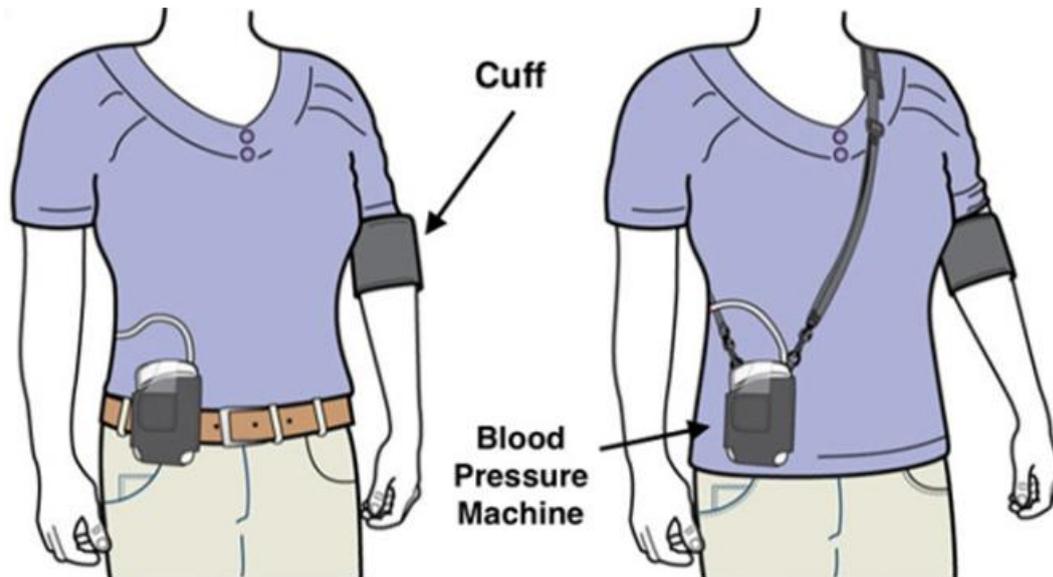
The BP cuff will usually be attached on your left arm unless there is a medical condition that is not allowing this. The arm cuff connects via a small tube to the monitoring device, which is a small box worn on a belt around your waist.

The blood pressure cuff will be inflated during your appointment to check the device is recording correctly.

During your appointment we'll ask you what time you get up and go to bed each day. We'll 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. Fitting the monitor takes about 20 minutes.

You should carry out your normal activities, **but you will not be able to have a bath, shower or go swimming whilst wearing the equipment.**

You may experience a tingling sensation in your arm when the cuff is inflating. This will resolve when the cuff deflates.



### The procedure

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 a number of reasons, then it will automatically retry five minutes later, 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 whilst you're wearing the monitor. This includes any exercise you would normally do, as advised by your doctor (if applicable).

### After the procedure

#### Returning the monitor

Please remove the monitor. You will be given an envelope to put the monitor after the test. Please return the monitor to the cardiology department, the main reception- there will be a black box to drop it in.

If you are asked to return the monitor on the weekend, please return to Fleming Ward, also located on the ground floor, blue zone.

Please return the monitor as soon as possible after your test. You do not have to wait to see anyone. If you do not return your monitor promptly, we may have to cancel appointments for other patients. This will also cause delay in your results.

### Results

Once you have returned the monitor, your medical team will look at the results. If necessary, they will contact you to arrange a follow-up appointment to discuss your treatment.

### Can I drive after my procedure?

You are allowed to drive with the blood pressure monitor in place, but it can affect your driving abilities. We advise that you refrain from driving if possible.

### Can someone stay with me in hospital?

You may have a friend or family member attend with you, but they will be asked to stay

in the waiting area while you are having your examination.

### **How soon can I return to work?**

You are able to return to work as soon as discharged from the department.

### **Contacting the team**

If you have any further questions, please contact the Cardiology Department on:

Telephone: **01279827195**

Office hours: **09:00am-04:30pm**

There is an answerphone available outside of these hours. Please leave a message with your name and hospital number and a member of the team will contact you.

### **Your feedback matters**

If you would like to give feedback on your care, please contact our patient experience team on [paht.pals@nhs.net](mailto:paht.pals@nhs.net) or 01279 827211.

Please contact the communications team on [paht.communications@nhs.net](mailto:paht.communications@nhs.net) or 01279 827926 if you would like this leaflet in another language or format.