

The 24-hour blood pressure monitor

The 24-hour monitor is designed to measure your blood pressure at the pre-set intervals over a 24-hour period. This enables the doctors to see if your blood pressure is well controlled, if you are already on blood pressure medication or to see if you need to start medication for raised blood pressure. Some people suffer from 'White coat syndrome', where their blood pressure is raised when they come to the surgery but is normal when it is taken elsewhere. This can be diagnosed with a 24-hour reading.

The Equipment

The monitor is similar in size to a large mobile phone and can be worn in a pouch attached to a belt around your waist, or placed in a shirt pocket. A fine tube attaches it to a blood pressure cuff which is worn in the usual place on the upper arm. The monitor will pump the cuff up at intervals of approximately every 30 minutes between 7am and 11pm. From 11pm to 7 am the cuff will inflate hourly.

Clothing

Women – It is best to wear separate tops and bottoms. Wear a loose fitting, button up blouse as this makes it easier to conceal the monitor and is more comfortable.
Men – a loose fitting shirt with loose sleeves is more comfortable. Remember your shirt sleeve has to fit over the cuff.

Dos and Don'ts

DO:

- remain still during a recording with your arm in a relaxed position
- Keep driving to a minimum

DON'T:

- remove the cuff
- get the monitor or cuff wet
- use power tools or heavy equipment during a recording
- worry if the monitor tries to take your blood pressure twice in quick succession. It sometimes does this

Turning the monitor off

The monitor has a single Start/Stop button. To turn the monitor off, PRESS and HOLD the Start/Stop button in until you hear 5 quick beeps. This will STOP any further blood pressure recordings and should only be done once all monitoring is finished and you wish to remove the monitor.

Returning the monitor

You will be asked to return the monitor to the surgery the following day. You may be asked to make an appointment to have the monitor removed. Alternatively, you may be shown how to remove the monitor and cuff yourself and asked to hand it over at reception. In this instance, please turn the monitor off first. The equipment is very valuable, and we would ask you to take the utmost care with it. Nurses will then

download the information onto a computer and print out results, which will be given to your doctor.

Results and Follow up

Please make an appointment to see your doctor TWO WEEKS after having your 24-hour blood pressure reading to discuss your results.

If you have any queries, or problems please ring Bridgewater Surgeries during opening hours on (01923) 202600