

24-hour ambulatory blood pressure monitoring (ABPM)



Ambulatory Blood Pressure Monitoring (ABPM) is when your blood pressure is being measured as you move around, living your normal daily life. It is normally carried over 24 hours. It uses a small digital blood pressure machine that is attached to a belt around your body and which is connected to a cuff around your upper arm. It is small enough that you can go about your normal daily life and even sleep with it on.

The machine then takes blood pressure readings at regular intervals throughout the day: usually, every 15-30 minutes during the daytime and 30-60 minutes at night. You will need to keep the monitor on through the night – you could put the machine under the pillow or on the bed while you sleep.

- The only things you should avoid doing for the day are swimming and having a bath or shower.
 - The 24hour blood pressure monitor requires two AA batteries, and we would request, that patients bring these with them prior to the procedure.
 - The monitor is worn for 24hours, so It is advisable that clothing worn on the day of the procedure is easily accessible, enabling you to dress and undress effectively whilst the 24hour blood pressure monitor is attached.
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