

Introduction

Ambulatory blood pressure monitoring provides your doctor with a better picture of what your blood pressure is actually doing. The monitor provided is worn for 24 hours and is designed for use during daily routines. A series of recordings are made during the 24 hours including during sleep.

Blood Pressure Recordings

The automated blood pressure monitor is similar to the manual ones performed at your GP surgery. The only difference being is that readings are taken automatically. The cuff is inflated around the arm (you may experience some temporary discomfort during this time); the amount of inflation is dependent upon what your blood pressure is at that time. Both top (Systolic) and bottom (Diastolic) readings are important in determining the risks of high blood pressure.

Ambulatory Blood Pressure Monitoring may be used:

- when blood pressure levels show unusual variability
- when high blood pressure is resistant to drug treatment
- when symptoms suggest the possibility of low blood pressure due to over-treatment

- to aid the diagnosis of high blood pressure related to anxiety in a clinical setting, known as 'white coat hypertension'.

The Monitor

This device is encased in a holder, which can be fitted to a belt or attached to a shoulder strap (provided). Attached to the monitor is a blood pressure cuff, which is fitted around your arm (see picture below). Two manual readings will be taken once the monitor and cuff are connected.



Thereafter readings will be taken automatically at half-hourly and hourly intervals (from fitment to 10.00pm and 10.00pm to 06.00am respectively). You will hear the monitor beep during the day, before the reading commences, but not at night. Alternative monitor settings will be used for children and night workers.

What you need to know

The monitor **MUST** be kept attached at all times, ensuring that an adequate number of readings are obtained for your doctor. This means that you are unable to bath/shower whilst wearing the monitor.

If the monitor takes 2 readings in succession, this implies that the first reading hasn't taken successfully.

- Ensure that your arm is reasonably still when readings are being taken.
- Check the cable connection, where the monitor connects to the cuff.
- Ensure that the Artery arrow on the cuff is in-line with the X that would have been marked on your arm during fitment.