

Your 24 hour blood pressure monitor

You have been referred to the Community Cardiology service to be fitted with a 24hr blood pressure monitor. This will be used to measure your average blood pressure and identify if treatment is needed.

What is a 24 hour blood pressure monitor?

An inflatable blood pressure cuff is fitted to one of your arms and connected to a monitor to record blood pressure.

How does it work?

The cuff will inflate and deflate at different times over a 24hr period and record your blood pressure on the monitor. It works automatically and might feel slightly uncomfortable when it inflates.

It's important to keep the arm with the cuff relaxed when it inflates to make sure your reading is recorded - the cuff will inflate again within five minutes if the first reading has not recorded.

What will happen at the appointment?

The appointment will last approximately 15 minutes. We will fit the monitor, talk you through how it works and answer any questions you might have. **A chaperone is available on request.**

How can I prepare for the appointment?

We recommend wearing comfortable, loose fitting clothing to make fitting the monitor easier.

Is there anything I can't do whilst wearing the monitor?

It is important that you do not take a bath/shower, or go swimming with the monitor but other than that you should be fine to go about your daily business. If in doubt, remember to ask at your appointment.

It is helpful for you to keep a diary of your activities during the 24 hour period as your blood pressures will naturally go up and down depending on what you are doing. We will provide you with a diary sheet.

What should I do with the monitor whilst I'm sleeping?

At night time remove the monitor from the belt or pocket and place under pillow or under the covers with you.

How safe is the 24 hour blood pressure monitor?

It's extremely safe and no different than carrying around a small tape recorder for 24 hours. Your arm may be a little red when you remove the cuff and in some cases patients have reported a rash or slight bruising from the frequent pressure checks but this usually goes away without treatment.

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What to do if I have problems with the monitor?

If the tube disconnects from the cuff, please push it back in. If the monitor fails to inflate at the expected time please call **0151 514 6480** or **0151 604 7307** for advice.

If it is our of office hours please take off the monitor and ring any time after 8.30am.

NOTE: outside of clinic times we do not have staff based at Victoria Central Health Centre or Warren's Medical Centre.

If you need to speak to us please contact us at St Catherine's Health Centre on Tel: **0151 514 6480** or **0151 604 7307**, 8.30am - 5.00pm, Monday to Friday.

Returning the monitor

Does the patient remove it themselves? Yes.

At the end of the 24 hour period you will be required to remove the monitor and switch it off. Place the monitor, cuff and dairy in the envelope provided. Please return the monitor 24 hours after your appointment to the clinic where you had it fitted. If it is difficult for you to return it please ask a friend or relative to return it for you. It is important that you return the monitor on time as it will be booked to another patient the next day.

If you have any difficulties please let the technician know at the appointment (or contact the service as soon as possible).

The results

The monitoring report, medical history and recent symptoms will be reviewed by a Community Cardiology service Doctor. The results will be sent to your GP within 10 working days.

Where can I be seen?

We aim to offer you an appointment at a time and location suitable to you. We have appointments available at:

- **Community Cardiology, Birkenhead Heart Centre:**
St Catherine's Health Centre, Birkenhead, CH42 0LQ.
- **Community Cardiology, Wallasey Heart Centre:**
Victoria Central Health Centre, Wallasey, CH44 5UF.
- **The Warrens Medical Centre**, Arrowe Park Road, Wirral, CH49 5PL.

To arrange your appointment please contact the admin team on **0151 514 6480**

Monday - Friday, 9.00am - 5.00pm.

If you would like this information in another format, please contact the Your Experience Team on freephone 0800 694 5530. Alternatively you can email wcnt.yourexperience@nhs.net

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