

Community Cardiology Contact Details

Call 01704 395 800 to speak with us regarding your referral.

107 Liverpool Road, Birkdale, Southport, PR8 4DB
(The Family Surgery building)

24 Hour Blood Pressure Monitoring



Portable blood pressure monitor

Caring for our community

This leaflet has been written to provide information about undergoing 24 hour blood pressure monitoring. We hope it answers some of the questions or concerns you may have.

What is involved with 24 hour blood pressure monitoring?

You will be fitted with a cuff to wear around your arm which is attached to a small machine that records your blood pressure over a period of time, usually 24 hours. The cuff will inflate regularly during the day and night. You will be asked to keep a diary or a log of your activities while you are wearing the monitor.

Will it be uncomfortable?

It may be slightly uncomfortable as the cuff inflates. It helps if you relax your arm down by your side whilst it inflates, as this will lessen the chance of the monitor having to retry and helps it to be more accurate. Most people get used to wearing the monitor very quickly.

Can I continue normal activities whilst being monitored?

Keep to your normal routine whilst wearing the monitor but avoid taking a bath or a shower as you must not get the monitor wet.

What are the benefits of having 24 hour blood pressure monitoring?

Having your blood pressure monitored in your own environment, over a period of time can provide your doctor with a more accurate assessment than a single recording taken during a clinic visit.

Monitoring blood pressure over a period of time is also useful to assess patients who are known to have high blood pressure and determine how effective treatment is.

Are there any risks involved?

There are no known risks involved with blood pressure monitoring.

What alternatives do I have?

Not everyone with high blood pressure or suspected high blood pressure will need 24 hour monitoring. Your doctor may decide to monitor your blood pressure at regular intervals or even less if it is well controlled.

What can I expect afterwards?

You will be informed what time to remove the cuff the following day and return the monitor.

The recording along with the diary or activity log will be processed and the results will be sent to the referring clinician e.g. your GP or consultant.

It is very important that the device is returned within the agreed time. We have a large number of patients waiting for these devices so returning the monitor on time is essential in order for another patient to receive treatment.