

What is an Ambulatory Blood Pressure monitor?

This is a portable Blood Pressure (BP) monitoring system which can monitor your BP whilst you carry on with your daily activities. It automatically records your BP over a period of time - usually for 24 hours.

Why is the test done?

The test is often requested by the doctor if they suspect high or low BP. This can be associated with symptoms such as dizziness and other symptoms which may come and go.

What does the test involve?

The test takes about 15-20 minutes. ***Please ask a member of staff if you require a chaperone during your appointment.***

A Cardiographer may ask you to remove your clothing from your top half in order for the monitor to be fitted comfortably.

The monitor is approximately the size of an old Walkman cassette player.

A BP cuff will be fitted around your arm which is attached to the monitor with a rubber tube. This fits into a pouch which is fitted to your own belt if you are wearing one or we can provide one. The monitor will be started by an initial BP reading. The monitor will not display any results throughout the 24 hour period. The cuff will inflate every 30 minutes during the day and from 22:00/10:00pm the cuff will inflate every hour until the following morning where it will revert back to every 30 minutes. When you feel the cuff start to inflate please try to relax the arm to allow the monitor to get an accurate reading.

How do I prepare for the test?

Please wear loose fitting clothes that are easy to put on and take off.

What do I have to do?

You will need to wear the monitor continuously for the required duration (including whilst sleeping at night). Carry out your usual daily activities whilst wearing the monitor. However, no bath or shower is permitted as the monitor **MUST NOT** get wet.

What happens after the test?

You will need to return the monitor to **St. Peter's Cardiology Department** on the day that you have been instructed to do so. If you are returning the monitor over the weekend you will be given additional instructions. Please call the department on **01932 722530 / 2630** if you have any concerns.

The results will be sent to the Consultant who requested the test. The results will be reviewed and a letter will be sent to your General Practitioner (GP) advising them of the results. You will receive a copy of this letter. This may take 2-4 weeks. If you have not received your letter within 6 weeks, please contact your GP.

Further Information

We endeavor to provide an excellent service at all times, but should you have any concerns please, in the first instance, raise these with the Manager or Cardiac Physiologist/s on duty. If they cannot resolve your concern, please contact our Patient Experience Team on 01932 723553 or email asp-tr.patient.advice@nhs.net. If you remain concerned, the team can also advise upon how to make a formal complaint.

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