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# Cardiology Department

## Patient Information Ambulatory blood pressure monitor

## **What is an ambulatory blood pressure monitor?**

An ambulatory blood pressure monitor (ABPM) is a recording device, about the size of a mobile phone, which is attached around your waist.

The monitor is connected by a narrow tube to a cuff that is wrapped around your upper arm. The cuff inflates and deflates regularly throughout the day and night to take and record your blood pressure (BP).

You can carry out all the activities you would do during a 'typical' day. However, the monitor should be kept dry at all times, so you must not take a bath or shower.

## **What is expected of you prior to your appointment?**

No preparation is required for an ABPM appointment. However, if possible, please wear loose separate tops and bottoms, to allow the physiologist to attach the monitor to you easily.

## **What is expected of you during the test?**

It takes about 10 to 15 minutes to fit the monitor. During this time we will check the device is working properly and answer any questions you may have.

You will carry the monitor around with you for the duration of the test. It should be kept safe and dry

The cuff will inflate every 30 minutes during the day until 23:00 and every hour through the night until 07:00 in the morning.

You can remove the monitor in-between recordings as long as you replace the cuff prior to the next expected inflation.

Try to keep your arm still during inflation. The monitor may attempt to take your BP up to three times if it cannot gain an accurate measurement of your BP, for example when there is excessive arm movement.

## **What is expected of you after the test?**

If your appointment is on a Monday, Tuesday or Wednesday, the monitor should be returned by 09:00 the following day. If your appointment is on Thursday the monitor can be returned by 17:00 on Friday. It is essential that the monitor is returned on time, to enable it to be attached to another patient.

It is not necessary for you to return the monitor in person. It may be returned by someone on your behalf.

If you are unable to return the monitor on time, please phone the Cardiology Department on 01223 216990 prior to your appointment in order to rearrange it.

Any delay in returning the monitor may delay you receiving your results. The monitor must be returned in good working order and should be kept clean and dry.

## **How do I get my result?**

After the monitor has been returned, your results will be sent directly to your referring GP or consultant.

## **Other important information**

Please inform reception of your arrival as soon as you enter the department. There are many other tests being performed so you may not be called in order of arrival.

You may bring a relative or friend in with you during the test.

You may request a female physiologist to perform your test if you prefer. Please inform the reception staff when you arrive.