

# 24 Hour Blood Pressure Monitoring

## Information:

Your doctor has requested that you wear a blood pressure monitor for 24 hours.

This is a small monitor attached to a blood pressure cuff that will automatically record and store your blood pressure over this time. It will take your blood pressure every 30 minutes during the day, and every 60 minutes during the night. Stop and relax your arm for 30 seconds while monitoring.

The cuff will tighten on your arm like a normal blood pressure reading taken at your doctors. If the machine does not obtain an accurate reading, it will try again within a few minutes.

Application of the monitor involves placing the blood pressure cuff on your left arm. The cuff is attached to the monitor, which sits in a pouch worn with a strap hung around your neck.

While wearing the monitor you will be able to carry on with your normal routine, with some limits for example, certain sports and some types of work that involve water or vibrations. You will also not be able to remove the monitor to have a bath or shower for the 24 hours. Everything will be explained to you at your appointment, including instructions on returning it to the hospital.

Results will be sent to the referring doctor within a day of returning the monitor. A copy will be sent to your GP also.

Please allow 30 minutes for this appointment.

Please wear a loose sleeved shirt or top.

## Special Instructions:

**Please wear loose fitting top**

## Contact:

For any queries please contact the Medical Investigation Unit.

Phone: 03 687 2100 Ext: 8758