

## 24 Hour Ambulatory Blood Pressure Monitoring

### What is a 24 Hour Blood Pressure Monitor?

A 24 hour ambulatory blood pressure monitor is simply a device which is fitted and measures your blood pressure at regular intervals over a 24 hour period. It allows Doctors to assess what the pattern of your blood pressure is over a 24 hour period in your usual environment.

### What happens during a 24 Hour Blood Pressure Monitor Recording?

A blood pressure cuff is fitted to your arm and connected to a small device attached to your waist or worn around your neck. The cuff will inflate every 30 minutes during the day and every 60 minutes at night during which your blood pressure will be recorded. The information is stored in the device's memory and will be downloaded and analysed on a computer when the device is returned. A report is usually available within 24 hours and will be forwarded to your referring Doctor.

### Is the test dangerous?

No. A 24 hour ambulatory blood pressure recording is completely safe.

### What do I have to do to prepare for the test?

No specific preparation is required however we advise that you wear clothing which will allow a blood pressure cuff to be fitted to your upper arm.

