

# Ambulatory Blood Pressure Monitoring

This test involves recording your blood pressure over a period of 24 hours.

A cuff will be placed on your arm and 2 recordings will be taken to ensure the equipment is working properly.

The monitor will then be placed around your waist on a belt.

The monitor will be programmed to take your blood pressure every ½ hour during the day and hourly at night.

The monitor stores all the results.

The general idea of this test is that you try and continue with your normal daily activities.

Unfortunately the only restriction when wearing this monitor is that you will be unable to have a shower or a bath.

It is therefore advisable to have a shower or a bath on the morning of the test.

This appointment has been arranged by either your own GP or the doctor at the hospital.

It takes approximately 15 minutes to have the monitor fitted. When returning the monitor the following day you will only be a few minutes.

The documented results will be sent back to the requesting doctor.

**Please bring a list of your current medication with you.**

If booking transport, please book for both days.

## **If you can't go let us know!**

Every month around 2,000 people across Forth Valley fail to turn up for hospital appointments. This costs the NHS millions of pounds each year and increases waiting times. So if you are unable to attend or no longer require your hospital appointment please let us know so we can offer it to someone else.

**We are happy to consider requests for this publication in other languages or formats such as large print. Please call 01324 590886 (9-5) to arrange this or email [fv.disabilitydepartment@nhs.scot](mailto:fv.disabilitydepartment@nhs.scot)**

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