
STOCKPORT SMC STOCKPORT CCG

24HR BLOOD PRESSURE MONITORING SERVICE

INFORMATION FOR PATIENTS



WHAT SHOULD I EXPECT?

Following an initial consultation with a Doctor or Nurse, you will be provided with the 24hr monitor to wear and a further appointment will be made for the return visit the day after, to return the machine and read the results.

ADVICE ABOUT WEARING THE BLOOD PRESSURE MONITOR:

- The blood pressure monitor has been fitted to enable your doctor to see what your blood pressure is during a normal day. It is important that you carry on as usual; you will be able to go to work, go shopping, and do housework, etc while the monitor is fitted.
- The monitor will take your blood pressure every 30 minutes during the day and every hour during the night.
- The monitor may take 1 or 2 readings each time.
- Try to keep your arm straight when the monitor is recording as it should feel more comfortable and enable the machine to take a reading more easily.
- The monitor may feel quite tight when a reading is taken; this is normal, the cuff goes down quickly, within 20-30 seconds.
- Should the monitor cause bruising to the arm or pain it should be removed.
- If the monitor has not taken a reading for several hours, please contact the surgery for advice.
- Please do not get the equipment wet.
- If you intend to drive whilst wearing the monitor we would advise that you inform your car insurance provider.
- **Please return the equipment at the time arranged as it will be needed for another patient.**

WHEN WILL I GET MY RESULTS?

We aim to send your results back to your own GP within 2 weeks of your test.