

Westgate Surgery

24 Hour Blood Pressure Monitoring

What is 24 hour blood pressure monitoring?

24 Hour or Ambulatory Blood Pressure Monitoring (ABPM) is a means of recording your **blood pressure** over a number of hours at home rather than in the surgery. This has been shown to be a better way of measuring blood pressure and is recommended by the National Institute of Clinical Effectiveness (NICE).

What does monitoring like this involve?

You will be fitted with a blood pressure cuff around your arm and a small machine that is in a holster worn over your shoulder or it can be clipped to a belt around your waist if you have one. Readings will be taken every half hour during the day and hourly at night.

Why am I being offered this monitoring?

Your doctor may have suggested this for one of the following reasons:-

- If you have had more than one raised blood pressure reading or varied blood pressures and he wants to see whether you need to start or increase treatment.
- If your doctor thinks you have high blood pressure readings in clinic which may be normal at home.
- If you continue to have raised blood pressure despite a number of tablets
- If your doctor thinks that your blood pressure drops when you stand up
- If you are elderly with a high top reading only to see whether treatment is required

What are the problems with monitoring blood pressure like this?

Some patients find it uncomfortable when the cuff is inflated and it may disturb your sleep. It can also be inconvenient to wear and attend for fitting and return of the machine.

What else do I need to know about 24 hour blood pressure monitoring?

You will be booked an appointment with a nurse who will fit the machine. Please wear a top with a loose fitting sleeve.

You will not be able to remove the machine for the duration of the test. We suggest having a bath or a shower before having the machine fitted.

After the Monitoring

Please return the machine to the surgery as soon as the test is finished and you have been told to take it off.

So that we can offer this test to as many people as possible the machines are booked to be fitted to another patient the same day and we cannot wait for machines to be returned. The practice purchases the machines at a cost of £1500 each with annual maintenance charges so numbers are limited.

How do I get the results of the test?

Your doctor will phone you to discuss your results or will ask you to make an appointment with him

What are normal ambulatory blood pressure monitoring values?

Normal ambulatory Blood Pressure is less than 135/85 and less than 120/70 at night. Levels above 140/90 during the day, and 125/75 at night should be considered as abnormal.