

Patient information

24 Hour Blood Pressure Monitoring

Cardiac Centre- Aintree Hospital Only

What is involved with 24 hour blood pressure monitoring?

You will be fitted with a cuff to wear around your arm which is attached to a small machine that records your blood pressure over 24 hours.

The cuff will inflate every 30 minutes during the day and every 60 minutes during the night.

You will be asked to keep a diary card to log the time you go to bed, the time you get up and the time you take any medication.

Patient Preparation

You are asked to wear loose, comfortable clothing when you attend for the test.

You will not be able to have a bath or a shower whilst wearing the monitor as the monitor must not get wet.

Will I experience any pain or discomfort?

It may be slightly uncomfortable as the blood pressure cuff inflates.

This will be reduced if you relax your arm down to your side whilst it inflates.

This lessens the chance of the monitor having to retake a recording.

What are the benefits of having a 24 hour blood pressure monitor?

Your blood pressure will be monitored in your own environment and therefore provides a more accurate assessment than a single recording taken during clinic

What happens after the test?

You will be asked to return to the cardiology laboratory the next day to have the monitor removed.

A report will be written and sent to the doctor that has referred you for the test.

The results will be discussed with you at your next outpatient appointment, or with your family doctor (GP) if it is your GP that has referred you for the test.

Feedback

Your feedback is important to us and helps us influence care in the future.

Following your discharge from hospital or attendance at your outpatient appointment you will receive a text asking if you would recommend our service to others. Please take the time to text back, you will not be charged for the text and can opt out at any point. Your co-operation is greatly appreciated.

Further Information

For further information please contact:

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Review date: December 2025

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