



University  
Hospitals Sussex  
NHS Foundation Trust

# Ambulatory blood pressure monitoring

Cardiology

Patient information

## **What is this information about?**

This information tells you what an Ambulatory Blood Pressure Monitor is and what it does; how it is attached to your body; and how to return your monitor after you have finished wearing it. It also tells you how you will be told the results from your monitor.

## **Why have I been given this information?**

You have been given this information because you are going to be fitted with a monitor. This is so that your doctor can see what your blood pressure does over a period of time, to identify if something isn't right.

## **What is ambulatory blood pressure monitoring?**

Ambulatory blood pressure monitoring is also known as ABPM. It is a way of continuously measuring your blood pressure over a 24-hour period.

A portable blood pressure monitoring system that is attached to your body is used. This means that your blood pressure can be tracked all day and all night.

## **Why do I need ambulatory blood pressure monitoring?**

ABPM is used to give a clear picture of your blood pressure over 24 hours. It can detect details that may be missed when you have a standard blood pressure test at your doctor's.

This ongoing monitoring helps identify potential abnormalities (things that aren't right) or variations (differences) in your blood pressure levels.

## What does it involve?

The process of fitting the ABPM device usually takes around 10 to 15 minutes. This includes:

- talking with the Cardiac Physiologist, who will give you information about wearing and looking after the ABPM.
- having your blood pressure taken manually.
- preparing your arm for cuff placement.
- making sure that the ABPM is in the right place to take accurate measurements.

## Do I need to make any preparations for my appointment?

We recommend that you wear clothing with loose sleeves that can easily fit over the cuff.

## When I am wearing the monitor, can I shower or have a bath?

No. The monitor is not waterproof, so it is important that it does not get wet. You will not be able to have a bath or shower while wearing the monitor.

## What happens after the monitoring period?

After the 24 hours are up, please return the ABPM device to the Cardiac Diagnostics Department. You can discuss with your Cardiac Physiologist where to hand it back: this is usually at a drop off point at the reception. The recorded data will then be analysed and is put into a report about your blood pressure patterns.

## When will I receive my results?

The report will be sent to your referring doctor. They will contact you to discuss the results. If you have any enquiries regarding your results, please contact the department where the referral was originally made.

## Who can I contact for further information and advice?

For help while wearing your ABPM, please contact the Cardiac Physiology Team.

### Cardiac Physiology Team

**01273 696955 Ext. 64211**

If you have any enquiries about your results please contact the department where the referral was originally made.

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