

# 24 Hour Ambulatory Blood Pressure Monitoring

Renal - Renal Medicine

## Who is this leaflet for?

This leaflet is for people who have been asked to monitor their blood pressure, by using an Ambulatory Blood Pressure Monitoring (ABPM) Device, which will be fitted at a scheduled appointment.

## What is Ambulatory Blood Pressure Monitoring (ABPM)?

An ABPM will measure your blood pressure over a period of time. This will typically be 24 hours.

Your blood pressure is monitored outside the clinic as you follow your normal daily routine.

It is well documented that blood pressures measured in a clinic are not always representative of everyday blood pressure readings.

## Why do I need a 24 hour ABPM appointment?

The doctor uses the ABPM to obtain information to help make decisions such as:

- Whether or not you need blood pressure medication
- If you need medication, how much you might need
- What times of the day your pressure is higher or lower
- When you should take medication during the day.

## How will you be advised of the appointment date/time, and where will this take place?

Appointment time date and location is notified by a Trust headed letter.

## What should I do on the day of the appointment?

- It is important that you wear clothing that allows access to the upper arm.

## What happens during the fitting of the ABPM?

- The technician will explain what will happen during the monitoring period
- You will be asked if you consent to having the ABPM fitted
- You will also be given the choice of having a chaperone present during your appointment. The chaperone will be another member of hospital staff

**The prevention of infection is a major priority in all healthcare and everyone has a part to play.**

- Please decontaminate your hands frequently for 20 seconds using soap and water or alcohol gel if available
- If you have symptoms of diarrhoea and/or vomiting, cough or other respiratory symptoms, a temperature or any loss of taste or smell please do not visit the hospital or any other care facility and seek advice from 111
- Keep the environment clean and tidy
- Let's work together to keep infections out of our hospitals and care homes.

- It may be necessary for you to remove some of your upper body clothing during the fitting of the ABPM
- The fitting of the ABPM generally takes about 15 minutes. Your appointment should not take longer than 30 minutes
- A small pouch containing an ABPM will be fitted to your waistline using a waistband or shoulder strap
- The ABPM will inflate a blood pressure cuff, this is normally fitted to your non-dominant arm
- The ABPM monitors and records all the data provided by the cuff during the monitoring period.

## What should I do when the monitor is fitted?

How often the cuff will inflate will be programmed and discussed with you at your appointment.

- When the cuff inflates you should not bend your arm. Arm bending accounts for 75% of bad readings most of which could be prevented by keeping the arm still during a reading
- There is no need to stop and stand perfectly still. In fact, you can be walking and take good readings as long as you do not bend your arm as the cuff is deflating
- There will be times however when arm movement during a reading is unavoidable such as when you are driving or carrying something.
- In the supplied Patient Journal, record the time, where you are, what you are doing and how you feel. This information is very important in helping the doctor interpret your blood pressure readings.

## Are there any risks involved in wearing the ABPM?

- Some people feel a little sore from the frequent blood pressure checks
- You may feel a pins and needles sensation during the blood pressure checks
- Some people get a rash under the blood pressure cuff, this usually goes away without treatment.

## How should I take care of the monitor while it is being worn?

- It is important not to get the ABPM wet so you will have to wait until the ABPM has been removed before you will be able to take a shower or bath
- You may remove the ABPM yourself at the end of the study. The removal time will be advised to you by the technician when the ABPM is fitted
- Please do not pull or jerk on the wires or hoses
- Please do not remove the ABPM from its carrying pouch.

## What should I do at the end of the monitoring period?

- The technician will advise at what time and how to remove the ABPM
- The ABPM and Patient Journal must be returned to the Renal Unit by 9:30 am, at the very latest.

## What happens when the ABPM is returned to the Renal Unit?

- The technician will download the blood pressure data to a computer
- The blood pressure report and patient diary is uploaded to Clinical Web Portal for the requesting clinician to review.

## More Information

If you have any concerns or questions regarding your appointment or the 24 hour ABPM procedure please contact the Renal Technicians on 01902 695468, Monday to Friday 8:30am - 5:00pm. Out of hours Renal Technicians can be contacted via Switchboard 01902 307999.

## English

If you need information in another way like easy read or a different language please let us know.

If you need an interpreter or assistance please let us know.

## Lithuanian

Jeigu norėtumėte, kad informacija jums būtų pateikta kitu būdu, pavyzdžiui, supaprastinta forma ar kita kalba, prašome mums apie tai pranešti.

Jeigu jums reikia vertėjo ar kitos pagalbos, prašome mums apie tai pranešti.

## Polish

Jeżeli chcieliby Państwo otrzymać te informacje w innej postaci, na przykład w wersji łatwej do czytania lub w innym języku, prosimy powiedzieć nam o tym.

Prosimy poinformować nas również, jeżeli potrzebowaliby Państwo usługi tłumaczenia ustnego lub innej pomocy.

## Punjabi

ਜੇ ਤੁਹਾਨੂੰ ਇਹ ਜਾਣਕਾਰੀ ਕਿਸੇ ਹੋਰ ਰੂਪ ਵਿਚ, ਜਿਵੇਂ ਪੜ੍ਹਨ ਵਿਚ ਆਸਾਨ ਰੂਪ ਜਾਂ ਕਿਸੇ ਦੂਜੀ ਭਾਸ਼ਾ ਵਿਚ, ਚਾਹੀਦੀ ਹੈ ਤਾਂ ਕਿਰਪਾ ਕਰਕੇ ਸਾਨੂੰ ਦੱਸੋ।

ਜੇ ਤੁਹਾਨੂੰ ਦੁਭਾਸ਼ੀਏ ਦੀ ਜਾਂ ਸਹਾਇਤਾ ਦੀ ਲੋੜ ਹੈ ਤਾਂ ਕਿਰਪਾ ਕਰਕੇ ਸਾਨੂੰ ਦੱਸੋ।

## Romanian

Dacă aveți nevoie de informații în alt format, ca de exemplu caractere ușor de citit sau altă limbă, vă rugăm să ne informați.

Dacă aveți nevoie de un interpret sau de asistență, vă rugăm să ne informați.

## Traditional Chinese

如果您需要以其他方式了解信息，如易读或其他语种，请告诉我们。

如果您需要口译人员或帮助，请告诉我们。