

24-hour ambulatory blood pressure monitoring information sheet

What is a 24-hour ambulatory blood pressure monitoring test and why do I need one?

Ambulatory Blood Pressure Monitoring (ABPM) is when your blood pressure is being measured as you move around, living your normal daily life. It is normally carried over 24 hours. It uses a small digital blood pressure machine that is attached to a belt around your body and which is connected to a cuff around your upper arm. It is small enough that you can go about your normal daily life and even sleep with it. There are a number of reasons why your doctor might suggest this test:

- They may want to find out if your high blood pressure readings in the clinic are much higher than they are away from the clinic (called the “white coat effect”).
- They may want to see how well your medicines are working, to make sure they are controlling your blood pressure through the day.
- They may want to see if your blood pressure stays high at night. If this is the case, they may need to change or adjust your medicines.

How is the test performed?

- Our specialised physiologist will fit and start the monitor. The machine then takes blood pressure readings at regular 30 minute intervals throughout the day, and 60 minute intervals at night. You will need to keep the monitor on through the night.
- Because the test is being carried out to find out what your normal daily blood pressure is, it is important to carry on with your normal routine and do all the things you would normally do.
- At the end of the 24 hours you can remove the machine and cuff and return it to 66 Harley Street Investigations personnel. The machine will have stored all your readings and these will then be analysed.

How to prepare for this test?

There is no special preparation for the test. Make sure you shower or bathe before you start the test. You will not be able to do so while you are wearing a blood pressure monitor.

Is the 24 hour ambulatory blood pressure monitoring a safe test?

This is an extremely safe and painless test. However, it involves repeated blood pressure measurements, which some people may find uncomfortable. You should be sure not to let the monitor get wet.

The 66 Harley Street Investigation team will be happy to help with any concerns on the following number **020 7436 4568**