

## **24-hour Ambulatory Blood Pressure Monitoring (ABPM)**

### **What is ABPM?**

- 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 cuff around your upper arm. It small enough that you can go about your normal daily life and even sleep with it on.

### **What happens during 24-hour blood pressure monitoring?**

- A 24-hour blood pressure measurement is just the same as a normal blood pressure check: a digital machine takes your blood pressure by inflating a cuff around your upper arm and then slowly releasing the pressure.
- The cuff must be worn on your upper arm for the whole 24 hours
- During the day your BP will be read every 30 minutes, and then from 11pm – 7am your BP will read every 60 minutes. After 7am it will continue every 30 minutes.
- 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. The only things you should avoid doing for the day are swimming, having a bath or shower and any strenuous exercise.
- Please ensure you wear a loose, preferably short sleeved top to allow access to the upper arm. The cuff can then be covered with additional loose clothing if necessary.

### **What happens after?**

- At the end of the 24 hours you can remove the machine and cuff and give it back to reception. The machine will have stored all your readings and these will then be analysed.
- The results will be passed on to the G.P that referred you and they will be in touch within 7 days.

Some people find 24-hour ABPM distracting and uncomfortable: if you feel like this when the readings are being taken, please call the surgery as it may affect your reading.