

Notes

Use the space below to write down any questions you might have or to make notes.

Further information and help

For further information please contact:

Medical Secretary
Western Isles Hospital
MacAulay Road
Stornoway
Isle of Lewis
HS1 2AF
Tel. 01851 708267
www.wihb.scot.nhs.uk



Bòrd SSN nan Eilean Siar
NHS Western Isles

We are listening - how did we do?

We welcome your feedback, as it helps us evaluate the services we provide. If you would like to tell us about your experience:

- speak to a member of staff
- visit our website feedback section at:
www.wihb.scot.nhs.uk or share your story
at: www.careopinion.org.uk or 0800 122 31 35
- tel. 01851 708069 or 07814 071868
Monday-Friday between 9am-5.30pm.

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Disclaimer

The content of this leaflet is intended to augment, not replace, information provided by your clinician. It is not intended nor implied to be a substitute for professional medical advice. Reading this information does not create or replace a doctor-patient relationship or consultation. If required, please contact your doctor or other health care provider to assist you to interpret any of this information, or in applying the information to your individual needs.

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Blood Pressure Monitor Information



Advice for patients and their carers

Introduction

This leaflet contains useful information about the 24 hour blood pressure monitor that has been arranged for you.

About the test

The test which you have been advised to have is a blood pressure recording at pre-set intervals over a 24-hour period.

This will involve one visit to the hospital to have the monitor fitted and your appointment will last approximately 15 minutes.

During the test

For the test, you will be asked to undress to the waist (please wear loose fitting clothing).

A blood pressure cuff is fitted to your arm which inflates when your blood pressure is recording.

The cuff and leads are attached to a small recorder which is strapped around your waist.

If you have any questions about the test please do not hesitate to ask the nurse fitting your monitor.

What to expect

You will experience tightness in your arm during the recording of your blood pressure.

If possible avoid vigorous arm movements during recording.

The cuff takes your blood pressure at 30 minute intervals from 7am to 10pm, then hourly from 10pm to 7am.

You are encouraged to carry on with your normal daily activities but to relax your arm when the cuff is taking measurements.

Receiving your test results

To obtain the test results you will receive an appointment for the Medical Outpatient Clinic or, alternatively your own GP will discuss this with you.

Returning the monitor

When you have completed the test, you can either:

- remove the monitor yourself and drop it off at the hospital in the envelope you were provided with
- contact Day Hospital (tel. 01851 704704) to arrange for them to remove the monitor on your behalf.

PLEASE NOTE

This equipment is funded by NHS Scotland.

Please take care of it so that it can be used to provide vital information for others who require its use after you.