

## BLOOD PRESSURE MONITORING

On receiving a request from your doctor for blood pressure monitoring, we will send you a letter of appointment.

## FITTING THE MONITOR

A blood pressure cuff, very similar to the type used by your doctor will be applied to your upper arm and connected via tubing to the monitor. Most of the tubing will be concealed under your clothing.

The size of the monitor is approximately the size of a personal stereo, 11.5cm x 8cm (4.5" x 3.5"). It is stored in a pouch and can be worn on a belt around the waist if carried in trousers or a skirt pocket. A belt will be supplied if required, **if you have a belt please bring this with you.** Trouser, skirt or dress belt will do. To ensure that your blood pressure can be accurately recorded by the monitor, several recordings of your blood pressure will be checked before you leave the unit. You will be given a full explanation on the use of the monitor and we will also be very happy to answer any questions or concerns you may have regarding blood pressure monitoring.

### PLEASE BRING A NOTE OF ALL CURRENT MEDICATION WITH YOU

## MONITORING

From the time of fitting the monitor your blood pressure will be automatically recorded and stored every 30 minutes over the next 24 hours.

During the day the monitor will give two 'beeps' five seconds before it starts to record your blood pressure. This is the signal for you to hold your arm still and in a relaxed position. The cuff will inflate and deflate automatically. A single 'bleep' signals the end of the recording

### EACH MEASUREMENT IS USUALLY COMPLETED IN UNDER ONE MINUTE

## OVERNIGHT

To minimise sleep disturbance the monitor can be removed from your belt or pocket and placed under your pillow. The 'beeps' are pre-set to switch off during the night.

Recordings continue at 30 minute intervals overnight. Overnight recordings are important when the doctor is assessing your blood pressure.

## QUESTIONS OFTEN ASKED

Q. Will I be able to carry out my normal daily activities and work whilst wearing the monitor?  
A. Yes. With a few exceptions most people are able to work and continue with their normal daily activities whilst wearing the monitor. We would advise against wearing the monitor if you are employed as a driver, if your work involves heavy manual labour or the operation of heavy machinery

Q. Will the monitor make a noise during blood pressure measurement, which would be detectable by people around me?  
A. Yes. The monitor does make some noise during inflation of the cuff.

Q. Does the monitor interfere with the operation of mobile telephones or other electronic equipment?  
A. No. To date there has been no problem reported to us.

Q. Will I be able to shower or bathe while wearing the monitor?  
A. Yes. You are able to remove the monitor in the interval between recordings.

Q. Is there anything I should avoid wearing?  
A. If possible avoid wearing garments with tight sleeves or cuffs. Female patients will find wearing separates rather than a dress more convenient. The blood pressure cuff is fitted to your upper arm and loose or short sleeves makes fitting easier

Q. Will monitoring affect my sleep?  
A. Blood pressure is usually at its lowest during the night and most people find they are able to sleep normally. Some people do find their sleep is disturbed during monitoring.

Q. Is there any discomfort associated with blood pressure monitoring?  
A. Some people may experience discomfort as the cuff inflates but this takes less than a minute most find it tolerable.

Q. Can I drive while wearing the monitor?  
A. Yes. It is possible to drive while wearing the monitor but it would be advisable to organise your day so that long periods of driving are avoided. It is not advisable to ride a motorcycle whilst wearing the monitor.

Q. Should I take my usual medication?  
A. Yes. Please continue to take any medication which has been prescribed for you

Q. Is there any danger associated with blood pressure monitoring?  
A. No. There is no danger associated with blood pressure monitoring.

Q. When do I have to return the monitor?  
A. It is necessary to return the monitor the following day at approximately the same time as the monitor was fitted. Prompt return of monitors enables us to keep waiting times for blood pressure monitoring to a minimum.

## HOW TO GET TO THE HOSPITAL

The Western General is between Crewe Road South and Telford Road in the Craighleith area of Edinburgh.

- **By Bus:**  
Lothian Regional Transport-

(These buses come up Porterfield Road into the hospital)  
- 42 and 38  
(These buses stop on Crewe Road) – 19, 29,37 & 47

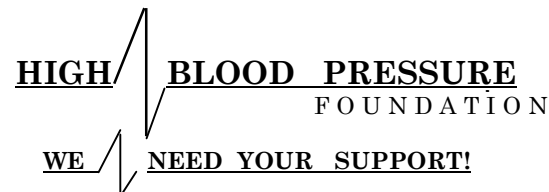
First Edinburgh (Crewe Road) - 129

- **By Car:**  
Unfortunately, there are very limited parking facilities so please do not bring your car if you can avoid it. Parking that is available for patients is charged at £1 per visit.

- **Parking for Disabled**  
There are spaces at the front of the Paderewski, Alexander Donald and Anne Ferguson Building for patients with orange badges on their vehicles – to which no charge is applicable.

- **Facilities**  
There are seats, pay phones and toilets by the main entrance in the Out-Patient Building.

The WVRS run a tea shop situated on the ground floor of The Anne Ferguson Building.



**We are funded entirely by donations**

If you wish further information please contact:  
Susan Inch, Director,  
High Blood Pressure Foundation,  
Western General Hospital, Edinburgh  
EH4 2XU - Tel: 0131 332 9211

## METABOLIC UNIT

Enter the hospital by the Porterfield Road entrance. Follow the signs to the “Anne Ferguson Building”. The Metabolic Unit is situated on the ground floor. On arrival please report to the Investigation Suite.

## NHS Lothian - University Hospitals Division

**WESTERN  
GENERAL  
HOSPITAL**

**EDINBURGH**

### DIRECT ACCESS AMBULATORY BLOOD PRESSURE MONITORING SERVICE

**DIRECT DIALLING 0131 537 2473**

The service is available Monday – Friday 8.30am – 4.30pm

Consultants  
Dr P L Padfield  
Professor D J Webb  
Dr RW Brown  
Dr S R Maxwell

Metabolic Unit  
Anne Ferguson Building  
Western General Hospital  
Crewe Road  
Edinburgh  
EH4 2XU

**PLEASE ALLOW THIRTY MINTUES IN TOTAL  
FOR YOUR APPOINTMENT**