**Sunnyside Surgery – 12 hour BP Monitoring – Patient Information**

**What happens during 12-hour blood pressure monitoring?**

A 12-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 machine is small enough to be worn on a belt on your waist while the cuff stays on your upper arm for the full 12 hours. It is best to wear loose clothing.

The machine then takes blood pressure readings at regular intervals throughout the day: usually, 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 and having a bath or shower.

At the end of the 12 hours you can remove the machine and cuff and it must be returned to the surgery by 9am the following day. The machine will have stored all your readings and these will then be analysed.

**What do I need to do during 12-hour blood pressure monitoring?**

To allow the machine to work properly, it is important to make sure that the tube to the machine is not twisted or bent. Also, just before the machine is about to take a reading, it will beep. When this happens you should:

* sit down, if possible
* keep the cuff at the same level as your heart
* keep your arm steady.

You will also be asked to keep a diary of what you were doing just before the reading was taken and when you took medications. Some people find 12-hour ABPM distracting and uncomfortable: if you feel like this when the readings are being taken, speak your doctor or nurse as it may affect your reading.