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24 Hour Blood Pressure Monitor

Your GP has advised you to book an appointment for a 24 Hour Blood Pressure Monitor. Please take the time to read through this information sheet carefully and contact the surgery if you have any queries.



Example only. Actual device may vary in design, application and operation.

24 Hour BP Monitor

Your GP has requested a 24 Hour Blood Pressure Monitor. This important procedure provides vital information on your blood pressure and may reduce the amount of any medication needed to normalise it. It must be booked in advance at the surgery. It involves 2 visits that are 24 hours apart. Ideally, on the second visit, you will also attend the GP who requested the monitor.

If you have been asked to have blood tests at the same time, this should be confirmed at the time of booking. These will be taken on the first day and you may need to fast in advance. Your GP will then more than likely wish to see you one week after the second visit when the blood test results are available.

On the day of the first appointment, please attend wearing loose upper arm clothing. Long sleeve, hugging garments cannot be worn. Please also wear trousers or skirt with a belt threaded through. A practice nurse will place an appropriately sized blood pressure cuff to your upper arm. Tape may be needed to keep this cuff in the correct place. The nurse will then connect the cuff under your inner clothing to a small measuring device (similar to the one above) which is worn on your belt. Every 20-30 minutes, the device will measure your blood pressure exactly as your GP or nurse would do. You will feel the device tighten, slowly loosen and then deflate fully. If possible, when you feel this happening, straighten out your arm as much as possible until you feel it deflating.

Please have your normal active day. You may NOT however, swim, shower or bath. At night time, place the measuring device under your pillow. **At no time should you remove or disconnect the cuff. You should not at any time, turn off or tamper with the measuring device.**

On the second day, the nurse will remove the device and print out the captured information for your GP.

Please note that this service is provided at a highly subsidised price of €40.00. This covers the item of-service and does not include the follow up consultation of €50.00. The total cost to include interpretation is €90.00. If you hold a valid Medical Card, this service is covered by the scheme.

Please take care of this equipment. It is very expensive and a fee will be incurred if mis-handled.

Date BP Monitor ON: _____ Time: _____

Date BP Monitor OFF: _____ Time: _____