

Ambulatory Blood Pressure Monitoring

Information for patients



Cardio-Respiratory
Service

What is an Ambulatory Blood Pressure Monitor?

An Ambulatory Blood Pressure (BP) monitor is a small, lightweight device which connects to a blood pressure cuff on your arm and performs blood pressure measurements at regular intervals over a prolonged period, usually 24 hours.



Before you leave for your appointment:

Check the appointment date, time and where you are booked to have this fitted. Ambulatory BP monitors are fitted at several departments at Leeds Teaching Hospitals, please ensure you attend the correct site as detailed in your appointment letter.

Who performs the test?

Both male and female technicians will fit your monitor. Sometimes, students will fit the monitor under the supervision of a senior member of staff. A chaperone can be provided on the day of the test if required.

What will happen during the test?

The technician will call you into the room where the monitor will be fitted, confirm your details and gain your consent. The technician will require access to your upper arm so you may be asked to undress to the waist if necessary. If possible please wear short sleeved or loose fitting clothing to enable the monitor to be fitted more easily.

The technician will perform a manual blood pressure recording from both arms before fitting the ambulatory blood pressure cuff to the selected arm. Once connected, the monitor will inflate at 30 minute intervals during the day and at hourly intervals during the night.

You will be unable to have a bath or shower whilst the monitor is fitted.

We advise you not to drive whilst the monitor is fitted, as it is necessary to keep the arm as straight and still as possible during inflation.

You will need to return the monitor on the date and time stated on the appointment letter.

You will be provided with a paper diary sheet to record the time you go to bed and wake up and you will be asked to record any medications. You will be encouraged to have as normal a day as possible whilst wearing the monitor.

When will you know the results?

Please return the monitor on the date and time stated on the appointment letter.

The results will be sent to the specialist who requested the test for review. They may then write to you, ring you or give you your results at the next appointment.

Please note that your GP is not automatically given the results by our department – only when they have referred you for the test.

Need an interpreter?

If English is not your spoken language, we will need you to let us know so we can book the appropriate interpreter. Please contact the department within 72hrs of your appointment to arrange.

What if I need patient transport?

Patient transport is expensive and only an option for those who cannot travel due to a significant limiting medical condition.

To contact transport please call 0300 330 2000. Please be ready up to two hours before your appointment.

Need to change your appointment?

If you need to cancel or reschedule your appointment, please contact the giving two days' notice where possible. This will allow for us to allocate your appointment to another patient.

If you fail to attend the appointment the referring specialist will be notified, and they will decide if another referral is appropriate.

Please contact the department on the following numbers:

Leeds General Infirmary:

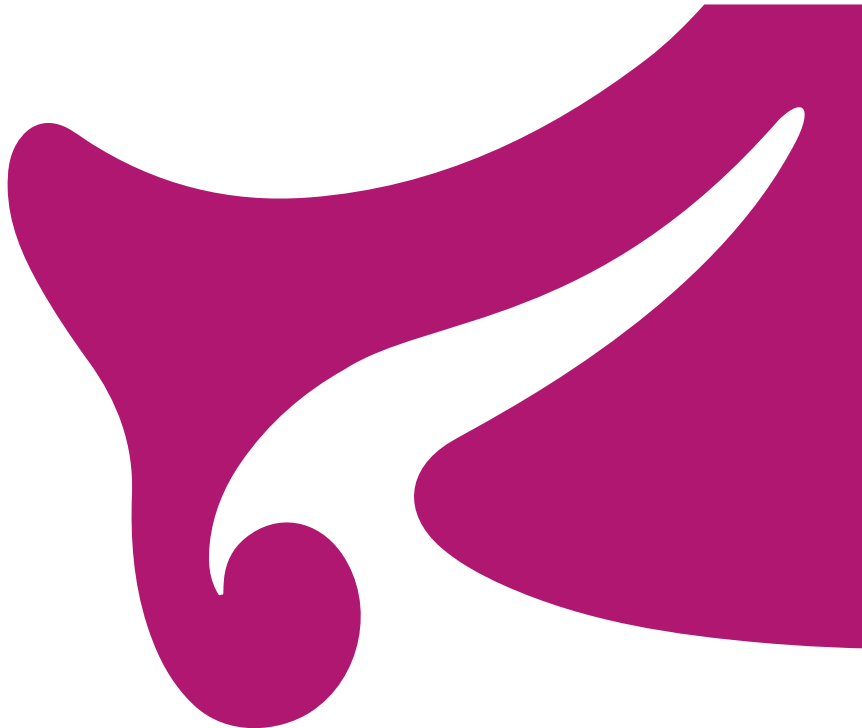
0113 392 3306

Wharfedale:

0113 206 5930

Chapel Allerton:

0113 206 5930



What did you think of your care?

Scan the QR code or visit bit.ly/nhsleedsfft

Your views matter



© The Leeds Teaching Hospitals NHS Trust • 1st edition (Ver 1)
Developed by: Jamie Fletcher, Apprentice Cardiac Physiologist
Produced by: Medical Illustration Services • MID code: 20230105_008/BP

LN005556
Publication date
02/2023
Review date
02/2026