

Cardiac investigations department – Hammersmith Hospital

Ambulatory blood pressure monitor

Information for patients, relatives and carers

Introduction

Your doctor has requested that we fit you with a blood pressure monitor. This leaflet explains what will happen at your appointment. Please contact your care team if you have any questions or concerns.

What is ambulatory blood pressure?

Ambulatory blood pressure monitoring (ABPM) is where your blood pressure is tested automatically around every 30 minutes over a 24-hour period using a cuff attached to a portable device worn on your waist.

ABPM can help to give a clear picture of how your blood pressure changes over the course of a day.

You should continue with your normal daily activities during the test but you must avoid getting the equipment wet.

What to expect at your appointment

When you arrive for your appointment, we will wrap a cuff around one of your arms and place a small device around your waist using a belt. We will explain the test to you in detail but the main points to remember are that the device will self-activate and inflate at regular intervals. During these times, it will make a noise while it measures your blood pressure.

You will have to wear the device for 24 hours and return it to us the next day.

While wearing the blood pressure monitor, you must not:

- drive, due to the distraction of the cuff inflating
- have a bath or shower

We advise that you:

- wear loose-fitting clothes
- take any medications as normal, unless advised otherwise

When will I receive the results?

You will receive the results of your test at your follow-up outpatient appointment. The results will not be sent directly to your GP.

Depending on your results, the physician may recommend further tests.

Cardiac investigations centre contact details

If you have any queries please do not hesitate to contact the appropriate cardiac investigations department:

Charing Cross Hospital	Hammersmith Hospital	St Mary's Hospital
Fifth floor Charing Cross Hospital Fulham Palace Road London W6 8RF Telephone: 020 3311 1028	Ground floor, B block Hammersmith Hospital Du Cane Road London W12 0HS Telephone: 020 3313 3951	Waller Cardiovascular unit Ground floor Mary Stanford Wing St Mary's Hospital Praed Street London W2 1NY Telephone: 020 3312 1241

How do I make a comment about my visit?

If you have any **suggestions** or **comments** about your visit, please either speak to a member of staff or contact the patient advice and liaison service (**PALS**) on **020 3313 0088** (Charing Cross, Hammersmith and Queen Charlotte's & Chelsea hospitals), or **020 3312 7777** (St Mary's and Western Eye hospitals). You can also email PALS at imperial.pals@nhs.net The PALS team will listen to your concerns, suggestions or queries and is often able to help solve problems on your behalf.

Alternatively, you may wish to complain by contacting our complaints department:

Complaints department, fourth floor, Salton House, St Mary's Hospital, Praed Street
London W2 1NY

Email: ICHC-tr.Complaints@nhs.net

Telephone: **020 3312 1337 / 1349**

Alternative formats

This leaflet can be provided on request in large print or easy read, as a sound recording, in Braille or in alternative languages. Please email the communications team:

imperial.communications@nhs.net

Wi-fi

Wi-fi is available at our Trust. For more information visit our website: www.imperial.nhs.uk