

Cardiac investigations department – Hammersmith Hospital

# Ambulatory blood pressure monitor (ABPM)

## Information for patients, relatives and carers

### Introduction

Your doctor has asked us to 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 monitoring?

Ambulatory blood pressure monitoring (ABPM) is where we test your blood pressure automatically around every 30 minutes over a 24-hour period. We do this using a cuff attached to a portable device you wear on your waist. ABPM can help to give us a clear picture of how your blood pressure changes over a day.

You should continue with your normal daily activities during the test but you can't get the equipment wet.

### What I need to know before having an ABPM?

#### **If you need a chaperone and/or an interpreter**

If you need someone to come to the appointment with you (a chaperone), please tell the receptionist when you arrive for your appointment.

If you need an interpreter, please contact us on the number for your cardiac department (see below) three days before your appointment. We can then book an interpreter for your appointment.

#### **Plan your journey**

Many people benefit from planning their journey to the hospital. Knowing your route can help you get there in plenty of time for your appointment. There are a small number of general and disabled car parking spaces at the different hospitals (except for St Mary's).

For help with journey planning, please visit: [www.imperial.nhs.uk](http://www.imperial.nhs.uk) > [our location](#) > choose the correct hospital > hospital map > parking and [www.tfl.gov.uk](http://www.tfl.gov.uk).

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## How do I prepare for my BP monitor?

Before coming to the hospital for your appointment, it is important for you to:

- take your medications as prescribed, unless your cardiologist tells you not to
- Please wear loose-fitting clothing to your appointment, so that we can fit the ABPM easily.

## What happens on the day of my appointment?

Please arrive 10 to 15 minutes before the time of your appointment and go to the cardiology reception desk.

### **Charing Cross Hospital**

- 020 3311 1028
- Fifth floor, Charing Cross Hospital, Fulham Palace Road, London W6 8RF

### **Hammersmith Hospital**

- 020 3313 3951
- Ground floor, B block, Hammersmith Hospital, Du Cane Road, London W12 0HS

### **St Mary's Hospital**

- 020 3312 1241
- Waller Cardiovascular unit, Ground floor, Mary Stanford Wing, St Mary's Hospital, Praed Street, London W2 1NY

## The ABPM fitting process

- the cardiac physiologist will take you to a room where they will explain the fitting process and benefits in detail and fit your ABPM
- we will wrap a cuff around one of your arms and place a small device around your waist using a belt
- The main thing to remember is 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

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## How do I make a comment about my visit?

We aim to provide the best possible service and staff will be happy to answer any of the questions you may have. 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 3312 7777** (10.00 – 16.00, Monday to Friday). You can also email PALS at [imperial.pals@nhs.net](mailto: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](mailto: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](mailto:imperial.communications@nhs.net)

## Wi-fi

Wi-fi is available at our Trust. For more information visit our website: [www.imperial.nhs.uk](http://www.imperial.nhs.uk)

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