

24hr Blood Pressure (BP)

This technique is used to record your blood pressure at regular intervals over 24 hours. A blood pressure cuff is worn on your arm and is attached via a wire, worn underneath your clothes, to a small recording device worn around your waist. The monitor is programmed to take a recording of your blood pressure every half an hour during the day and every hour at night, whilst you go about your normal activities. It is advisable to wear a loose top which you can remove easily.

To ensure your results are processed swiftly, please return the monitors to the clinic as per below timelines:

Any appointments before 1pm to be returned by 9am the following day.

Any appointments after 2pm to be returned by 12noon the following day.

Any time on a Friday to be returned by 9am Monday morning.

Unless stated otherwise during your appointment.