

- Position the arm that has the cuff on it at the same level as your heart and then keep your arm still.
- If you are not able to sit down, use your other arm to support you to achieve this position.
- If you are sitting down, do not cross your legs during the measurement.
- Patients are advised not to drive during the monitoring period, due to the risk of distraction caused by the cuff inflating.
- Avoid vigorous exercise during the monitoring period. This will help avoid exercise related spikes in your blood pressure. A gentle or brisk walk is normally fine.
- If monitoring is planned to continue while you sleep, consider where you place the device if it is not directly attached to the cuff. This may include under a pillow, on the bed or on a bedside table.
- The device automatically stores all the readings.
- You may be asked to make a record of the time you take any prescribed medication and the time of any activities during the monitoring period.

When will I get my results?

Your results will be discussed with you at the pharmacy at your follow-up appointment when you return the monitor. The readings will be recorded and shared with your general practice.

If, based on your results, the pharmacy team member feels further investigations are needed, they will advise you of this and refer you to your doctor.

Will any other advice be provided?

The pharmacy team member will discuss your lifestyle / lifestyle choices with you and provide appropriate healthy lifestyle advice, where applicable. They may also refer or signpost you to local initiatives and services that may assist with any lifestyle changes you want to make.

What if I have any questions or concerns?

Please contact the pharmacy if you have any questions or concerns.

Ambulatory Blood Pressure Monitoring (ABPM)

A guide for patients, relatives and carers

You have been recommended to be fitted with a blood pressure monitor. This leaflet will explain why and what is involved.

What is ambulatory blood pressure monitoring?

Ambulatory blood pressure monitoring (ABPM) is when your blood pressure is automatically measured by a device at regular points as you go through your normal daily life.

What is involved?

A cuff is worn around your upper arm and this is connected to a small digital blood pressure monitor which may be directly attached to the cuff, to a belt around your waist or carried in a little pouch using a shoulder strap. The device is small and portable so it should not significantly affect your normal daily activities.

Why is it necessary?

A normal blood pressure check can only provide a reading for your blood pressure at that moment in time. The ABPM automatically measures your blood pressure at regular points while you are awake and where needed, while you sleep. This will provide your general practice team with a clearer picture of how your blood pressure changes throughout the period you are awake and while you are asleep.

Some people can also get higher blood pressure readings when they are anxious about being tested. This is called 'white coat' syndrome. An ABPM can help to rule this out.

Why do I need this monitoring?

There are several reasons why you may have been recommended to have ABPM:

- If your blood pressure was measured and was found to be high, ABPM can help your general practice to establish a diagnosis of high blood pressure (hypertension).
- If your blood pressure was higher because you were anxious when in the clinic ('white coat effect') then ABPM can help show this.
- ABPM can be used to help decide if blood pressure medication is required.
- ABPM can be used to see how well a patient's blood pressure medicines are controlling their blood pressure throughout the day and if any change needs to be made to your current medication.

- If your blood pressure has been hard to control, ABPM can help with further investigations.
- As measurements can also be programmed to occur while you sleep, ABPM can help doctors understand what happens to your blood pressure while you are resting.

What can I expect at my appointment?

- The appointment will be with a member of the pharmacy team who is competent and suitably trained and should last about 20 minutes.
- The pharmacy team member will confirm you are happy to progress with the service.
- They will show you the device, set it up, explain how it works, explain how to care for it and then fit the monitor to you.
- The pharmacy team member will check your understanding of what has been discussed and remind you that you will need to stop any activity and rest when the cuff starts to inflate. This will usually also involve experiencing at least one reading while you are in the consultation room with them.
- They will arrange a follow up appointment to discuss the readings and to enable you to return the equipment.

Is there anything I need to be aware of before the appointment?

- Wear loose-fitting clothes and a belt where possible.
- Take any medications you have been prescribed as normal, unless advised by your pharmacist or doctor not to.

After the appointment, are there any additional points I need to remember?

- The ABPM device must not get wet. Therefore, baths and showers should be avoided during the monitoring period.
- The device will take measurements every 30 minutes during waking hours. If you are also asked to have monitoring while you are asleep, these measurements will be taken every 60 minutes during sleeping hours.
- You will be alerted just before the monitor is about to take a reading. When this occurs:
 - Try to sit down, if possible (unless it is a sleep time reading).