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AMBULATORY BLOOD PRESSURE MONITORING

This machine has been fitted to record your blood pressure for the period of time you are wearing it.

As has been explained to you by our nurse, your BP will be taken automatically every hour throughout the day until 10pm when it will be taken second hourly until 6am. It will then resume hourly readings until it is removed. At times the machine may take a second reading within the hour. This is quite normal as it is checking the last reading was correct. If it continues to repeat the readings more frequently please call the surgery and speak to one of the nurses.

While you are wearing the monitor, we ask you to complete the diary on the back of this sheet. The ideal time to do this is when your BP has just been taken. The diary will help the Dr when he is reporting on the readings as some movements/emotions may cause changes in your BP readings.

Please make sure you include the diary when you return the monitor the next day, even if you have not written much as it has all your details on the sheet.

**NB: DO NOT GET THIS MACHINE WET.
AVOID DROPPING THE MACHINE OR ANY HEAVY KNOCKS**

SAMPLE DIARY

<u>TIME</u>	<u>ACTIVITY</u>	<u>SYMPTOM/COMMENT</u>
8:30AM	Drove to work	None
10am	Smoke and a coffee	None
12:25pm	Ran to catch cab	Heart beating quickly
12:30pm	Lunch & took tablets	"Heartburn" feeling
2:20pm	Verbal disagreement	Palpitations
5pm	Finished work, drove home	None
7pm	Dinner, watched TV	None
10pm	Bed	None
7am	Up, removed monitor	None

Please completed your diary overleaf.....