24 hour blood pressure monitoring
(Ambulatory blood pressure)

Clinic Details
Planned Care
Grindon Lane Primary Care Centre
Grindon Lane
Sunderland
Tyne and Wear
Tel: 0191 525 2304

Galleries Day Unit
Third Floor
Galleries Health Centre
Washington
Tyne and Wear
Tel: 0191 502 6810

NHS South of Tyne and Wear
(serving Gateshead Primary Care Trust, South Tyneside Primary Care Trust and Sunderland Teaching Primary Care Trust)

Where are the clinics held?
There is a choice of two clinics where you could attend. These are Grindon Lane Primary Care Centre, Sunderland and the Galleries Health Centre, Washington.

Your Health Care Professional that refers you will discuss where you would like to attend.

How will I know my results?
The report of your blood pressure recordings and your diary will be sent to the professional that referred you for the 24 hour blood pressure monitoring.

If your GP referred you, you will be asked to make an appointment with your GP two weeks after your monitoring.

If you have been referred by your Consultant you will be sent an appointment to attend the Consultants clinic.

Your GP will then discuss your report and any changes to your treatment needed.
What is ambulatory blood pressure monitoring?
Ambulatory blood pressure monitoring (ABPM) involves measuring your blood pressure for 24 hours as you go about your daily routine and when asleep.

You will be asked to wear a device that measures your blood pressure at regular intervals. The information is recorded in the device and allows your Health Care Professional to get a detailed record of blood pressure variation in a normal environment.

Who will refer me to this service?
Any Health Care Professional, like your GP, Consultant, Practice Nurse or Specialist Nurse, who is involved in your care can refer you to this service.

Why have I been referred to have ambulatory blood pressure monitoring?
There are several reasons why you may have been referred for ambulatory blood pressure monitoring.

• If you have high blood pressure and it is not responding to drug treatment
• If you have symptoms suggesting the possibility of low blood pressure
• To ensure your high blood pressure is not related to any anxiety you may feel in a clinical setting, sometimes known as 'white coat hypertension'

How large is the monitor?
The blood pressure monitor is about the size of a pack of playing cards. A cuff will be wrapped around your arm and you can carry the monitor in your pocket or on a belt provided, what ever is more comfortable for you.

The monitor is not visible if you wear a long sleeved jacket or jumper.

How often will the monitor take my blood pressure?
The monitor will take your blood pressure every 30 minutes during the day and every hour during the night.

Will I have to rest whilst the monitor is in place?
No, you can still do your normal activities, like working, shopping and walking whilst the monitor is in place.

You will be advised not to get the monitor wet or do vigorous activity.

Try to relax and keep your arm straight whilst the monitor is taking your blood pressure during the day. The monitor will be set with an audible alarm during the day so this will warn you when your blood pressure will be taken so you can relax your arm.

During the night there will be no audible alarm so you can go to sleep.

You should not remove the monitor yourself.

What will happen when I attend the clinic?
When you attend the clinic your name, address and date of birth will be checked. You will be fitted with the monitor and given information about how the monitor works.

You will be given a diary and asked to fill it in whilst the monitor is in place. In the diary you will be asked to write when you take your medications, any activities you are doing and any time you feel unwell.

The monitor will take your blood pressure whilst you are at the clinic so you will know what it feels like.

You will be asked what time it is convenient for you to return the monitor and your diary on the following day.

When you return the monitor will be removed and the report and diary will be sent to your referring Health Care Professional and your GP.

Please ask the staff any questions you may have about the test.

How long will my appointment be?
Your first appointment will take approximately 30 minutes and your second appointment will take 10 minutes.