

Blood Pressure Monitoring

Blood pressure monitoring is a diagnostic test to determine the blood pressure profile during the day and nighttime to confirm or exclude the diagnosis of high (or low) blood pressure.

How should I prepare?

You need to do nothing specific.

Blood pressure monitoring is painless and non-invasive. A blood pressure cuff is fitted to your arm and connected to a small monitor. The cuff is programmed to inflate every 30 minutes during the day and every hour overnight. The monitor is worn for 24 hours.

When do I get my results?

Once you hand the recorder back, the device requires analysis to determine if there is an abnormality.

Prof Ruparelia shall organise and a follow up appointment shortly after this to discuss the results of the blood pressure monitor and formulate an ongoing management plan.