

## 24hr BP and HR monitoring using the autonomic protocol

24 hour Blood pressure and heart rate monitoring has been requested. You will receive a monitor on loan from the Autonomic & Neurovascular Medicine Team at the Hospital of St John & St Elizabeth.



**What is 24 hour ambulatory blood pressure and heart rate monitoring?** You will wear a small portable blood pressure monitor, which attaches to your belt, and a blood pressure cuff, which will either be fitted to your right or left arm. The monitor will take your blood pressure and heart rate every 20 minutes during the day and every hour during the night.

**What activities can I do while wearing the monitor?** Please continue with your normal activities, this will help to show us a typical profile of your blood pressure and heart rate during a 24 hour period. The monitor can be removed for a bath or shower during this period. You will be given a diary, which will be explained during your appointment. The diary contains a list of extra activities we would ideally like you to perform whilst wearing the monitor (these activities including measuring your blood pressure & heart rate responses to mild exercise, food and postural changes).

**Please ensure that your schedule for the 24 hour period will be compatible with the test requirements.**

**What are my responsibilities whilst wearing the monitor?** Whilst the monitor is on loan to you, please make sure the monitor is not dropped or knocked as this can cause the data within the machine to be deleted. Please ensure the monitor does not get wet. The monitor is **not** compatible with MRI machines. You will be asked to sign an equipment loan agreement at the appointment.

**Is there any special preparation for test?** If you are only booked in for the 24 hour BP & HR monitoring, you can eat and drink as normal prior to your appointment. Your doctor will advise you whether you need to stop any medication prior to and during testing.

**Please note: The monitor must be hand delivered back to the hospital of St John & St Elizabeth at the end of the 24 hour period or at a time agreed with the testing team. The monitor cannot be posted or couriered.**