

24 hour blood pressure reading

Introduction

A 24 hour blood pressure reading is an examination whereby your blood pressure is read and registered on a blood pressure monitor every 20 minutes during the day and every hour during the night.

Preparation

The ECG technician makes an appointment with you. On the day of the examination please wear a T-shirt or shirt/blouse with wide short sleeves. You continue to wear these clothes during the night. On top of these you can wear another garment with wide sleeves to cover the machine. At the arranged time take a seat in the ECG department waiting room (B29). The ECG technician will collect you there. Please remember to bring your patient card.

Preparation takes about half an hour. The technician asks you whether you are left or right handed because of where the blood pressure sleeve will be attached. She measures around your upper arm to determine the correct size of the sleeve. The sleeve is then attached to your arm. The monitor that registers the details sits in a bag around your shoulder.

The examination

Before you go home, your blood pressure is measured a number of times to check it. Many people find the pumping up of the blood pressure sleeve an unpleasant experience. Because the blood flow is restricted you may feel tingling in your arm and hand.

At the point when the blood pressure sleeve is pumped up, you must keep your arm still.

If you are standing, let your arm hang still alongside your body and if you are walking or cycling you must stop and stand still for a moment. This is how we will obtain the most reliable readings. You will therefore be restricted in your activities!

Duration of the examination

You wear the monitor for 24 hours. The ECG technician gives you a hospital appointment for the removal of the monitor.

Important

The machine must not get wet so you cannot shower or swim. Vibrations from heavy machinery and the use of electrical equipment must be avoided, as they interfere with the readings. We advise you not to drive a car, because you have to keep your arm still every 20 minutes at times when the blood pressure machine is pumping up the sleeve! It may be that a reading was not properly carried out, for whatever reason. After about four minutes this reading will then be repeated.

Results

You receive the results from your attending specialist at a time arranged with him/her.

Questions or problems

If you have any questions about the 24 hour blood pressure reading, you can ask the ECG technician for an explanation.

Notes on this leaflet

If any information in this leaflet is unclear or incomplete, please notify us. You can share your remarks with us via voorlichting@zha.nl.