As blood moves around your body it pushes against the sides of the blood vessels. The strength of this pushing is your blood pressure.

Blood pressure monitoring involves regular blood pressure recordings over a day.

What do I have to do?

- While wearing the cuff, it is important to:
  - wear a loose-fitting shirt
  - remain still during readings
  - record the time, your symptoms, mood, activity and position in the patient diary provided
  - press the button at the first sign of symptoms
  - make sure the monitor stays connected while you undress
  - avoid driving a vehicle or travelling.

Key things to remember:

While you are wearing the blood pressure cuff:

- Don’t remove the cuff or take the batteries out of the unit
- Don’t get the monitor wet (don’t swim, shower or bathe)
- Don’t wear long-sleeved sweaters or dresses
- Don’t use power tools or heavy equipment. Vibrations may disrupt the monitor.

There are no significant risks involved in 24 hour blood pressure monitoring.

Please remember to bring the diary with you when you return to the hospital.