

24 Hour BLOOD PRESSURE MONITOR

THE DOCTOR HAS REQUESTED THAT YOU HAVE A MONITOR FITTED TO RECORD YOUR BLOOD PRESSURE OVER A 24 HOUR PERIOD.

THIS INVOLVES WEARING A BLOOD PRESSURE CUFF AROUND THE TOP OF YOUR ARM, CONNECTED TO A SMALL MACHINE WORN ON A BELT AROUND YOUR WAIST.

THE CUFF WILL INFLATE EVERY 30 MINUTES DURING THE DAY AND HOURLY OVERNIGHT.

IT WOULD BE ADVISABLE NOT TO WEAR IT ON A DAY WHERE YOU NEED TO DRIVE, AS THE MACHINE NEEDS TO BE SWITCHED OFF WHILST DRIVING.