

24-hour Blood Pressure Machine

Whilst wearing the monitor you should not drive without first checking with your insurance company as your insurance may be invalidated for the 24-hour duration.

You should **not** play vigorous sports such as squash, use machinery or do heavy physical work whilst wearing the recorder.

You are asked **not** to bath or shower. The recorder is set to take your blood pressure automatically. Once switched on you do not need to do anything else to it.

You should be seated and remain **QUIET** and **STILL** whilst the recorder is taking your blood pressure and avoid any sudden movement.

When the recorder starts to take a measurement, if possible, sit down.

Rest the arm with the cuff on it on a chair arm or on a table, with the hand relaxed and the palm facing upwards.

If you cannot sit down, rest your arm on your midriff until you feel the cuff deflate.

The measurement process may take 20-30 seconds.

Do not worry if the cuff inflates again, this is perfectly normal – check yellow strip is over the 'x' mark on your arm.

Lister Medical Centre