

**YORK ROAD GROUP PRACTICE
PATIENT INFORMATION SHEET
FOR
THE USE OF 24 HOUR BP MONITOR**

Your doctor has decided he/she would like to monitor your BP for 24 hours to get a better understanding of your health.

To do this the Practice nurse will fit a BP monitoring machine to you which will need to stay on you until your next appointment when the nurse removes the machine.

Please do the following to help make sure the test works properly:-

- Fitting and removing the machine takes time so we ask you please arrive on time for your appointments
- Shower prior to your fitting appointment
- Wear loose clothing

During the test period

- Once fitted this monitor CANNOT be removed so avoid any hosp/clinical appointments or any activities which would need removal of the machine.
- If any problems please do not hesitate to contact nurses

Practice Nurse Team (2013)