

## COMMUNITY CARDIOLOGY SERVICE - A GUIDE FOR PATIENTS

### 24hr BP Monitor Appointment

Please ensure you return the monitor the following day before 3pm.

#### Your appointment

Your appointment will be held at a GP surgery which offers free parking. Finding free spaces can sometimes be difficult so please leave plenty of time.

If you need to cancel or re-arrange your appointment, please call **01420 560817**.

- You will be seen by a cardiac physiologist who will fit the monitor for you and show you how it works. You will not see a doctor at this appointment.
- It would be most helpful if you could wear clothing that has fairly wide or flexible sleeves so that the cuff worn underneath has room to inflate.
- The blood pressure cuff will inflate approximately every half hour during the day and hourly at night.
- After the device is fitted you can return home and carry on the usual daily routine, you will **not** be able to have a shower or bath during this period as the device must be kept dry.
- We do not advise driving, other than to and from the appointment, as the BP monitor can be a distraction.
- Fitting the monitor will take approximately 15 minutes.

The result will be reviewed by a cardiology doctor and a letter will be sent to your GP. If you need to be seen by the doctor you will be offered a further appointment in the cardiology clinic at one of our community locations.

If you have any comments or concerns about this service, please contact us on the telephone number above or email **whccg.mhcardiology@nhs.net**

For further information about the service and clinic locations please visit our website:  
**[www.communitycardiologyservice.co.uk](http://www.communitycardiologyservice.co.uk)**