

## **Metro Health Network –ABPM**

### **What do I need to do before my appointment?**

- ❖ Please take a shower, as you will be unable to take one for the next 24hours after having the machine fitted.
- ❖ Please try to wear trousers with pockets, so you can carry the machine easily
- ❖ Possibly wear short sleeved clothes which help to ensure the accurate readings.
- ❖ If you require any transport please contact your own GP.

### **What happens during 24hours?**

- ❖ During the 24 hours the machine will be taking your blood pressure readings. Every 30 minutes during the daytime and 60 minutes at night. You will need to keep the monitor on throughout the night - you could put the machine under your pillow or on the bed while you are asleep.
- ❖ Although we are not asked to keep any patient records about your daily routine, you can keep your own records and show it to your doctor.

### **When the machine beeps**

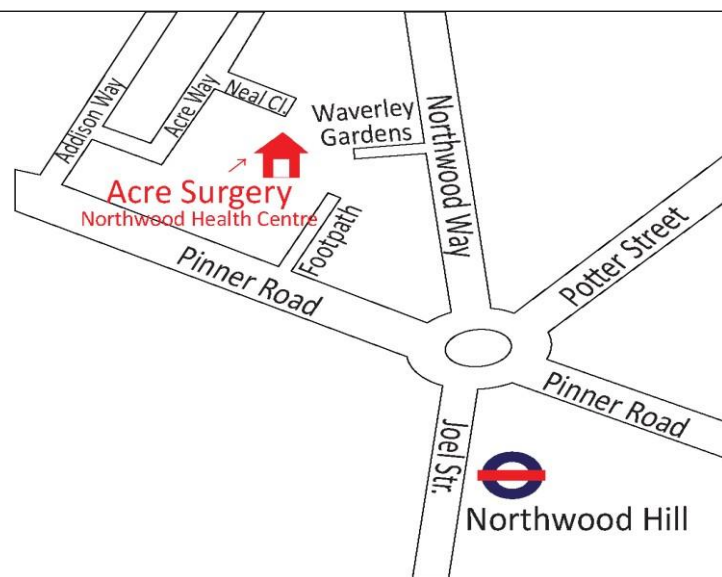
- ❖ Relax your arm and keep it steady. When taking a reading the cuff might get a little bit tight, at this point please try relax yourself. If you felt too much pain you might consider take the cuff off and stop the machine. Drop the machine into our reception and we will inform your GP.
- ❖ You might find machine going off every 5 minutes instead of 30 minutes, please sit down, relax and stop talking while machine is measuring. This will help machine to work properly.
- ❖ **If you have any queries along 24 hours please contact your own GP.**

## What do I do after 24hours?

- ❖ Switch off the machine by pushing the button to **casual**.
- ❖ Bring the machine to the Acre Surgery and drop into the reception. Reception opens every day Monday-Friday 8:30 am to 6:30 pm, except Wednesdays 8:30 am to 2 pm.
- ❖ When you return the machine please make sure you include a slip giving your name and D.O.B.

## Where do I go for my appointment?

**Acre surgery**  
**01923820844**  
Northwood Health Centre.  
Neal close  
Acre way  
Northwood  
Middlesex  
HA61TQ



**ABPM appointments are offered on every Monday, Wednesday and Friday - except bank holidays.**

## What happens with my results?

- ❖ After you return the machine we will forward your results to your own GP within **10 working days**.
- ❖ **Any queries regarding your results must come through your Practice otherwise we won't be able to assist you directly.**
- ❖ Doctor will contact you **ONLY** if something is needed to be discussed with you about your results.