

Preparing for your 24-Hour Blood Pressure Check

APPOINTMENT: Day:.....Date:.....Time:.....

We have arranged to fit you with a 24-hour Blood Pressure monitor on the above date, and you have agreed to return to the pharmacy the following day when we will disconnect it from you.

An inflatable cuff will be fitted to your arm as normal. It is controlled by a miniature device which attaches to a belt or a strap. ***Please follow the advice below before you attend.***

- 1) The device must not get wet so please have your shower or bath *before* you attend on the day of your appointment. [we will remove it the following day before you have your next bath or shower]
- 2) Please can you wear a sleeveless T-shirt or blouse or similar so that we can fit the inflatable cuff properly. You should also wear something loose fitting over your T-shirt or blouse. You can put that back on again over the inflatable cuff when it is fitted.
- 3) *Importantly, please can you wear something that includes a belt around your waist.* We will need to attach the portable controller device to the belt. [it is the size of a cigarette packet]

We look forward to welcoming you for your 24-hour blood pressure check!

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