

24-hour blood pressure monitoring cardiology

In consultation with your doctor, you will have a 24-hour blood pressure measurement performed. This measurement is done with a special meter that records your blood pressure all day and night. Blood pressure can vary greatly during the day. Your medications, activities, and emotions affect your blood pressure.

It is important for your doctor to gain insight into blood pressure changes during your daily activities. This way your doctor can prescribe the right medication and provide the best treatment. The assistant will set the blood pressure monitor before she measures it for you. Your blood pressure is measured both during the day and at night.

During the day, blood pressure is measured every 20 minutes and from 10 p.m. in the evening this is measured once an hour. The blood pressure belt inflates automatically and is automatically deflated after the measurement. The result of the measurement is automatically saved.

After 24 hours you can take off the blood pressure monitor strap yourself. The next day you return the blood pressure monitor at the agreed time.

What is important?

To get a good idea of your blood pressure during the day, it is important that you carry out your normal activities as much as possible. We do recommend that you do not remove the blood pressure monitor and therefore do not shower or bathe. You may wash at the sink.

Your blood pressure is also measured while you sleep, but less often than during the day. You can place the cabinet on your bedside table or under your pillow. It is important that the hose is not kinked or pinched.

The measurement

At the time of the measurement, it is important that you keep your arm and fingers still for a moment. Many movements may not be measured properly. The meter will then beep once briefly. After 3 minutes the measurement is carried out again.

If you have any problems, please contact us.

Questions?

If, after reading this leaflet, you still have questions about the treatment, please contact your cardiologist by phone.

Contact information

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