



COMMON QUESTIONS & ANSWERS RELATED TO
24 HOUR BLOOD PRESSURE MACHINE

1. How does the 24 hour Blood Pressure machine work?

It works like an electronic blood pressure machine and it is programmed to record your blood pressure every 20-30 minutes during the day and hourly overnight. On the machine there is a black button, you will need to press this once when you go to bed and once when you get up in the morning. This will change the machine from day to night mode.

2. Do I need to rest whilst I have the machine on?

No, you should just carry on like you would normally throughout the day. You should wear the machine throughout the day, but it must be removed before having a bath or shower. Water will damage the machine which cost £1500 to replace

3. If the machine starts bleeping what should I do?

Firstly, 'Don't Panic'. On the control panel there is an on/off switch, press it so the machine switches off. Then switch it back on again and press start, it should now start recording again. If it persists contact the surgery during opening hours and ask to speak to a nurse. If the surgery is closed, remove the device, switch the machine off and contact the surgery when open.

4. If the word 'Batt' shows up on the screen what should I do?

This will mean the batteries are low in the machine. Replace the batteries with two AA batteries, switch the machine on and press start.

5. Do I need an appointment with the nurse when I bring the machine back?

No, just take the blood pressure cuff off your arm and hand the machine and the cuff into the receptionists. They will then pass the machine to the nurses to process your results.

6. When will I get my results?

If you phone the surgery in a week's time, a message will have been left informing you of your results and when you need your blood pressure checking again or the Doctor may want to review you with the results.