Wearing a 24-hour Blood Pressure Monitor

Your doctor has ordered a 24-hour blood pressure monitor to check your blood pressure. This handout explains what to do on the day of your visit to get your blood pressure cuff. It also gives instructions for using the cuff and tips that may help during the 24 hours that you wear the cuff.

Your Visit

- Please come to the Kidney Care Center on the 3rd floor of University of Washington Medical Center (UWMC) at 10 a.m. the day of your appointment.
- Wear a loose-fitting shirt and pants with roomy pockets.

How Your Cuff Works

The cuff is worn on your upper arm and has a tube attached to a small battery-powered monitor. The monitor can be carried in your pocket or worn on your belt.

The cuff will take your blood pressure automatically every 20 minutes from 6 a.m. to 10 p.m. and once an hour during the night. Try to hold your arm still while the cuff is inflating.

If the monitor cannot obtain a reading for some reason, it will try again once and then revert to the next scheduled reading. The monitor will display only your first blood pressure reading in the 24-hour period. All other readings will be stored in the machine.

Care Instructions and Tips

Showering

Take your cuff off to shower between scheduled inflation times. Try to get it back on before it inflates. If you cannot do this, follow these steps:

1. Disconnect the cuff tubing from the monitor pack.
2. Squeeze the air out of the cuff.
3. Reattach the tubing to the monitor.
Questions?

Call 206-598-8410 or 206-598-4615.

Your questions are important. Call your doctor or health care provider if you have questions or concerns. UWMC clinic staff are also available to help.

Kidney Care Center: 206-598-4615

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Sleeping

The monitor can be loud when you are trying to sleep. We suggest using earplugs. Or, place the monitor as far away from you as it will go. Put it under a pillow to lessen the noise.

Activities

Try to do as many of your regular activities as possible. Your doctor wants to know what your blood pressure is during a normal day for you.

Problems

If you have problems with the monitor during the day when the clinic is open (8 a.m. to 5 p.m. weekdays), please call 206-598-4615. After hours, turn your cuff off by taking the monitor out of its pouch and switching the black button on the bottom of it to “off.”

Returning the Monitor and Cuff

Please bring the monitor and cuff back to the Kidney Care Center at the agreed-upon time the next day.