

Patient information

Ambulatory blood pressure monitoring

How to find us

We are located on the **lower ground floor in the Cardiac Centre.**

Opening hours

Monday 8:30 am to 5:00pm

Tuesday 8:30 am to 5:00pm

Wednesday 8:30 am to 5:00pm

Thursday 8:30 am to 5:00pm

Friday 8:30 am to 4:30pm

What to expect



An ambulatory BP Monitor records your blood pressure continuously throughout a set time period.

On the first appointment your monitor is fitted and this takes about 10 to 15 minutes. A blood pressure cuff is fitted and is connected to the monitor in order to record your blood pressure.

It is important to carry out your regular daily activities whilst wearing the monitor however you will not be able to shower or have a bath during this time. The monitor will also need to be worn overnight; advice will be given about the best way to sleep with the monitor at the time of fitting.



You will be asked to keep a diary to record any symptoms you experience whilst wearing the monitor, and identify the activity you were doing at this time.

The following day the monitor is removed and the data is analysed. This analysis evaluates your blood pressure during the day you were wearing the monitor.

What happens after your test?

All results and relevant information will be forwarded to the referring doctor who will contact you in reference to these results.

If you have not heard anything within **2 - 3 weeks** of your test, then please contact your GP or referring doctor.

Contact us

There are many ways that you can contact us:

By post: Diagnostic Cardiology, West Suffolk Hospital,
Hardwick Lane, Bury St. Edmunds, Suffolk,
IP33 2QZ

By phone: Main hospital: 01284 713000
Cardiology Department: 01284 712536

By email: cardiologydiagnosticsdept@wsh.nhs.uk.



If you would like any information regarding access to the West Suffolk Hospital and its facilities please visit the website for AccessAble (formerly DisabledGo)

<https://www.accessable.co.uk/organisations/west-suffolk-nhs-foundation-trust>

