



## **PATIENT INFORMATION**

### **3 Day Wrist Monitor**

You have been asked to attend the hospital to collect a blood pressure monitor.

#### **What does this involve?**

This test involves wearing a recorder for a period of time whilst you are at home

#### **3 Day Wrist Blood Pressure Monitor**



This recorder is worn around the wrist.

You will be instructed on how to place it around your wrist and record your BP. The recorder will only need to be worn when taking a BP measurement.

#### **How should I prepare for the monitor?**


No special preparation is needed. Clothing should be loose and comfortable, separates are ideal.

#### **When would the results of the monitor be available?**

Results are not available immediately. They will be sent to the hospital doctor who requested the test.

#### **Additional information**

If you have any questions about your appointment, please do not hesitate to contact the number below and we will be pleased to help.

 Tel (01803) 654450