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Patient Information Sheet: 24hr Blood Pressure & Holter Monitor

At your appointment, our practice nurse will attach a blood pressure monitor or holter monitor to your arm or chest which stays on you for 24 hours.

Preparing for your appointment

- Please arrive 10-15 minutes before your appointment time to complete your consent form if not already done.
- You may wish to shower before your appointment because the device is not waterproof, and you cannot bathe or shower whilst the device is on.
- There is no need to fast and you should continue all other activities.
- Wearing loose-fitting clothes will help make it more comfortable whilst also concealing the monitor.

Please note that there is an upfront, non-rebatable fee payable at your attachment appointment to cover the use of the device. Please [click here](#) to read the Fee section on our website for more details.

Please ensure you have also booked:

- A removal appointment with our practice nurse at least 24 hours later.
- For blood pressure monitor: An appointment with your doctor directly after your removal appointment to review your results.
- For holter monitor: An appointment with your doctor ~5-7 days after your removal appointment to review your results.

