

Long-term blood pressure monitoring

In long-term blood pressure monitoring, blood pressure is measured for a period of 24 hours. Long-term monitoring can reliably determine the level of blood pressure in patients whose measurement results vary significantly between measurement occasions.

Preparing for the study

Wear a loose shirt for the study. You can take your prescribed medication as usual. Please do not use any perfume when coming to the department as it may cause severe symptoms to patients with asthma or allergy.

Conducting the study

A nurse attaches a blood pressure cuff to your arm, and gives you a blood pressure monitor, which is placed in a small waist or shoulder bag. You will wear these devices until the next day. The device installation takes approximately one hour.

The measurement takes place approximately every 20 minutes during the day and approximately every hour during the night. The portable device measures blood pressure in the same way as a regular blood pressure monitor. Try to keep your arm relaxed and still during the measurements. The nurse also gives you a diary and tells you how to fill it out. Keeping the diary is an important part of the study.

A nurse will remove the device the next day, and the removal process takes approximately half an hour.

After the study

After the study, a physician will provide a report, which will be directed to the clinic or department responsible for your care. The clinic or department will determine further actions.

Registration

When you arrive for the study, please register at the department of clinical physiology and neurophysiology located on the floor 0 of building B.

If you are unable to attend the study, please inform us as soon as possible. The phone number is 02 627 7362.

If you cannot attend and do not cancel your appointment, the hospital will charge a fee for the study.

Contact Information

Department of Clinical Physiology and Neurophysiology

Phone: 02 627 7362,

Monday to Friday from 7.00 am to 2.30 pm.

The website of SataDiag is www.satadiag.fi