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[www.hopitauxschuman.lu](http://www.hopitauxschuman.lu)

## RENSEIGNEMENTS UTILES

### Cardiology polyclinic technical platform

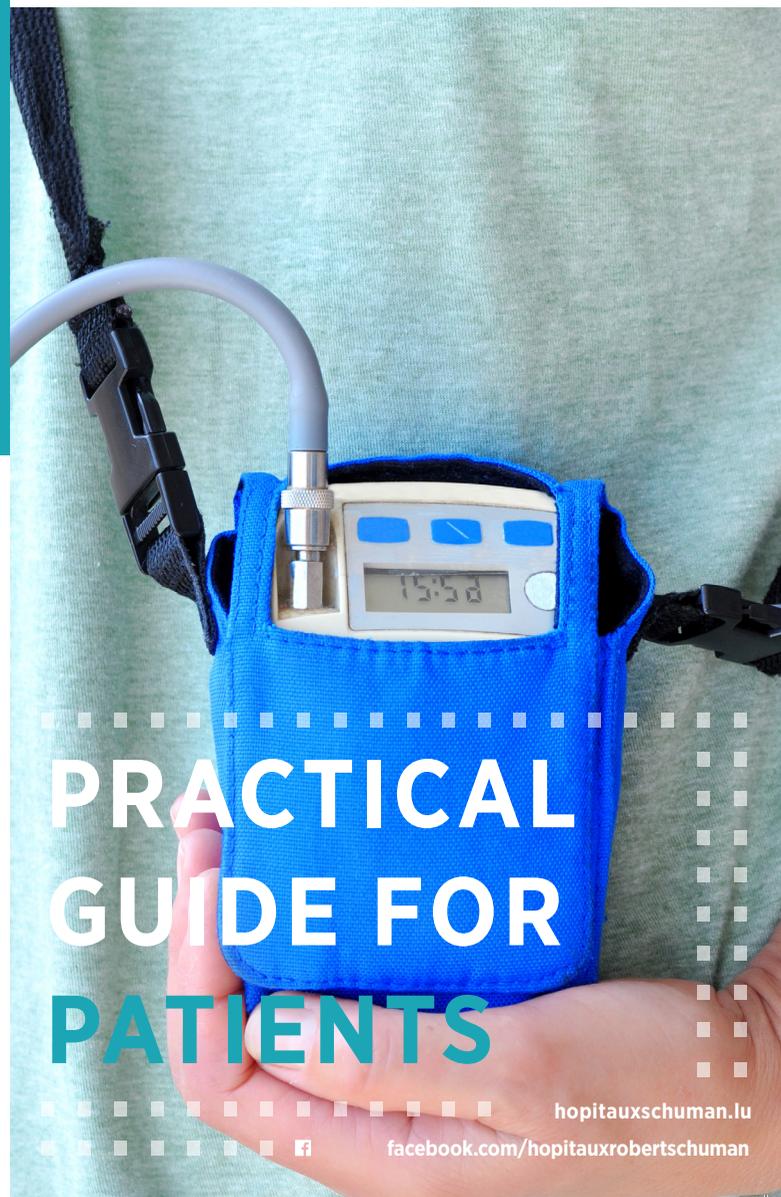
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## USEFUL WEBSITES

[www.acteurdemasante.lu](http://www.acteurdemasante.lu)

## HOLTER BLOOD PRESSURE MONITORING OVER 24 HOURS



# PRACTICAL GUIDE FOR PATIENTS

## **YOUR DOCTOR HAS PRESCRIBED A HOLTER BLOOD PRESSURE MONITOR FOR 24 HOURS**

### **WHY CARRY OUT 24-HOUR BLOOD PRESSURE MONITORING?**

The Holter blood pressure monitor is a small device that measures your blood pressure for 24 hours, day and night, to obtain an accurate and reliable assessment of your blood pressure.

### **HOW DO I USE THE DEVICE?**

The device is positioned by the staff in the cardiology technical support department. A cuff is placed on the arm and connected to the box by a cable. The box is worn either across the shoulder or around the neck.

#### **1. Stay still and keep your arm still while the device is taking a measurement.**

- This will take place every 30 minutes during the day and every hour at night.

#### **2. If the device operates too often or inflates constantly:**

- Check that the cuff is correctly positioned or that the connection to the box is correct

#### **3. Take care of the monitor box: keep it dry!**

- No shower or bath during the monitoring process

#### **4. Continue with your usual activities**

- The aim is to record your blood pressure under normal conditions
- Patients are advised not to change their lifestyle while wearing the Holter monitor

#### **It is useful for:**

- detecting high blood pressure
- checking the effectiveness of a treatment
- assessing variations in blood pressure during the day
- analysing discomfort or dizziness

**As this is a very expensive piece of equipment, please take good care of it and follow the instructions provided above.**

### **AFTER THE EXAMINATION**

- The appliance must be returned by the date and time indicated
- The doctor will analyse the data and include it in your medical file

### **IN THE EVENT OF A PROBLEM**

**\*Contact the department between 8am and 5pm or the nurse if you are in hospital.**

