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RENSEIGNEMENTS UTILES

Cardiology polyclinic technical platform

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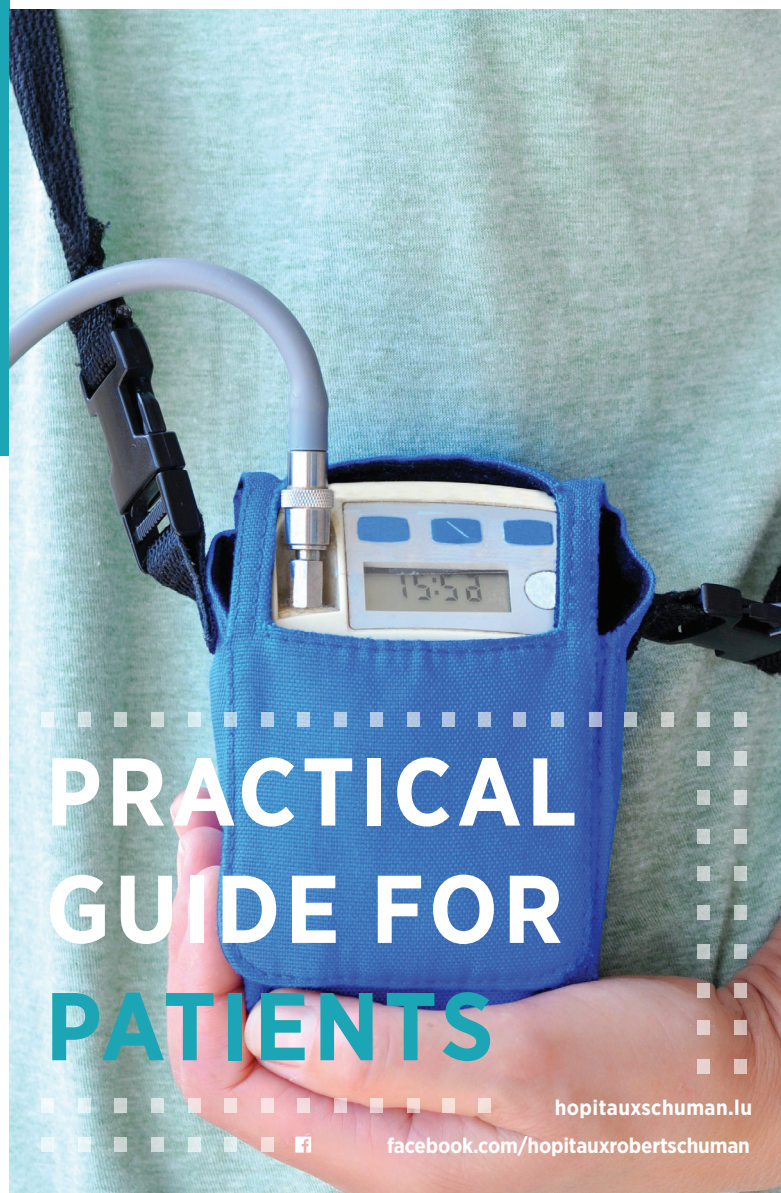
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HOLTER BLOOD PRESSURE MONITORING OVER 24 HOURS



PRACTICAL GUIDE FOR PATIENTS

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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.**

