To fit the recorder

Ask the patient to remove their shirt or blouse as appropriate.

Select the appropriate arm

* BP should be measured in clinic in each arm. Unless contraindicated, use the non-dominant side. In cases where there is a difference of >20mmHg systolic between sides, use the arm with the highest pressure.

Fit the appropriate size cuff (see guide on cuff)

* for the left arm, cuffs are available in small, adult or large adult
* for the right arm only an adult cuff is purpose made; for other sizes please use a left sided cuff taking care over positioning
* The bottom of the cuff should sit at least 3 cm above the crease of the elbow
* If using the left arm, the yellow tab should sit over the brachial artery
* Tighten the cuff so you can fit your first and second finger between the cuff and the patient’s arm
* If the cuff is not positioned correctly, the recorder may not measure the BP correctly and an error may occur.

Connect the cuff to the recorder by screwing it in

Take a test reading

* Ensure the patient is seated (legs uncrossed), relaxed and remains quiet and still whilst taking the measurement
* Press and briefly hold the red start/stop button once. The cuff will inflate to an initial pressure of approx. 185mmHg. It may inflate further if the BP has not been detected, or during movement or arrhythmia. The average time taken is 20-30 seconds. The maximum measurement time is 90 seconds.
* Ideally, listen using a stethoscope / palpate over the brachial artery during the test reading.
* After the test measurement, the result will briefly display on the screen. (This will only happen during the test measurement and not during subsequent readings).
* The time will reappear on the screen
* If any adjustments are required with the cuff, this process can be repeated. If no changes are required the cuff can be taped into position across the shoulder if there are no allergies reported. Advise the patient to remove the tape if redness or itching should occur. NB the cuff contains rubber.

Turn the recorder onto automatic mode by pressing and holding the black Auto on/off button for approx. 3 seconds. Once switched on, the patient should not need to do anything else to the recorder

* The letter ‘A’ will appear in the top left hand corner of the display.
* Instruct the patient to have a normal a day as possible. Ideally when they feel the cuff inflate they should take a seat, with the arm supported. If this is not possible, they should try and stay still with the arm across the midriff until the feel the cuff fully deflate.

Instruct the patient to turn it off (by pressing and holding the black Auto on/off button for approx. 3 seconds)

* when driving (this may not apply to all patients)
* if there is excessive arm pain

And take it off at the end of 24 hours

Use the belt and carry case to keep the recorder around the patient’s waist (this can be removed for sleeping and dressing as necessary)

Should the letter ‘B’ come up, the batteries need replacing. Any data stored on the device will be retained by a backup battery.

Ensure the patient has the instruction sheet (which advises against vigorous sport, using machinery or heavy physical work), knows to complete the patient diary (especially sleep and awake times) and consider arrangements for the equipment being collected or returned. The monitor cannot get wet, and bathing or showering should be avoided until the equipment is removed.