

# Ambulatory blood pressure recording



An ambulatory blood pressure recording, most commonly known as a blood pressure reading, is a diagnostic test to gain a true reading of your blood pressure. This measures the strength in which your blood is pumped around the body, detecting where high pressure may increase your risk of heart attack or stroke.

## Helping you make healthy changes to your lifestyle

Your Consultant may recommend an ambulatory blood pressure test to monitor how you are receiving some medication or see whether your blood pressure changes throughout the day. We can help determine whether some of the everyday activities in your lifestyle are contributing to your results and provide the necessary treatments or advice to help you maintain a healthy lifestyle.

## Prices & payment

We offer a guide price of:

Ambulatory blood pressure recording  
£268

The above are guide prices only.

Our [terms and conditions can be found here](#).

## Ambulatory blood pressure recording FAQs

### Where can I have an ambulatory blood pressure recording?

We offer these at KIMS Hospital in Maidstone. As a private patient, you can choose where to have this appointment. This may be because we can offer you an appointment sooner, or you might find it more convenient to switch between facilities, depending on where you live and work.

### What's the difference to a normal reading?

The key difference between a standard clinical blood pressure reading and an ambulatory blood pressure recording is that it measures a true reading of your blood pressure over 24 hours, using a small device.

The device itself takes just 10 minutes to fit, and can be worn on a belt, working much in the same way as a normal blood pressure test where it is attached to a cuff around your arm.

Measuring your blood pressure over 24 hours allows for more accurate predictions of future cardiovascular events and can help prevent potential future organ damage.

### How often will my blood pressure be read?

The device will take regular readings every 30 minutes during the day and every 60 minutes during the night. You will need to keep the monitor on throughout the night, but the device worn on your belt during the day can be put under your pillow or beside you on the bed while you sleep.

### Do I need to do anything whilst wearing the device?

The purpose of the ambulatory blood pressure recording is to measure your blood pressure during everyday life, so it's important that you carry on with your normal routine and do the things you would normally do.

The only things you should avoid doing throughout the day are swimming and having a bath or shower.

### What happens if my results show an issue?

After you have returned the device your readings will be analysed, which you can discuss with your Consultant. Should your Consultant notice any concerns with your blood pressure, they will discuss your options for further treatment. This can involve advice around maintaining a healthy lifestyle and sometimes prescribed medication.