

7 Day Blood Pressure Monitoring Information sheet

You have been asked to attend the Metabolic Unit, Western General Hospital to have a 7 day blood pressure monitor fitted. Please read the following important information carefully.

- Please bring a note of all your current medication with you.
- Please wear loose fitting clothing to allow the blood pressure cuff to inflate fully.
- You will be required to take your blood pressure twice a day for 7 consecutive days and note down the measurements on a form that we will provide.
- You will be required to bring the monitor back after the 7 days or organise for someone to do so.
- Please allow approximately 40 minutes for this appointment.
- After completion a report will be sent to your doctor.

Directions to the Metabolic Unit are overleaf.

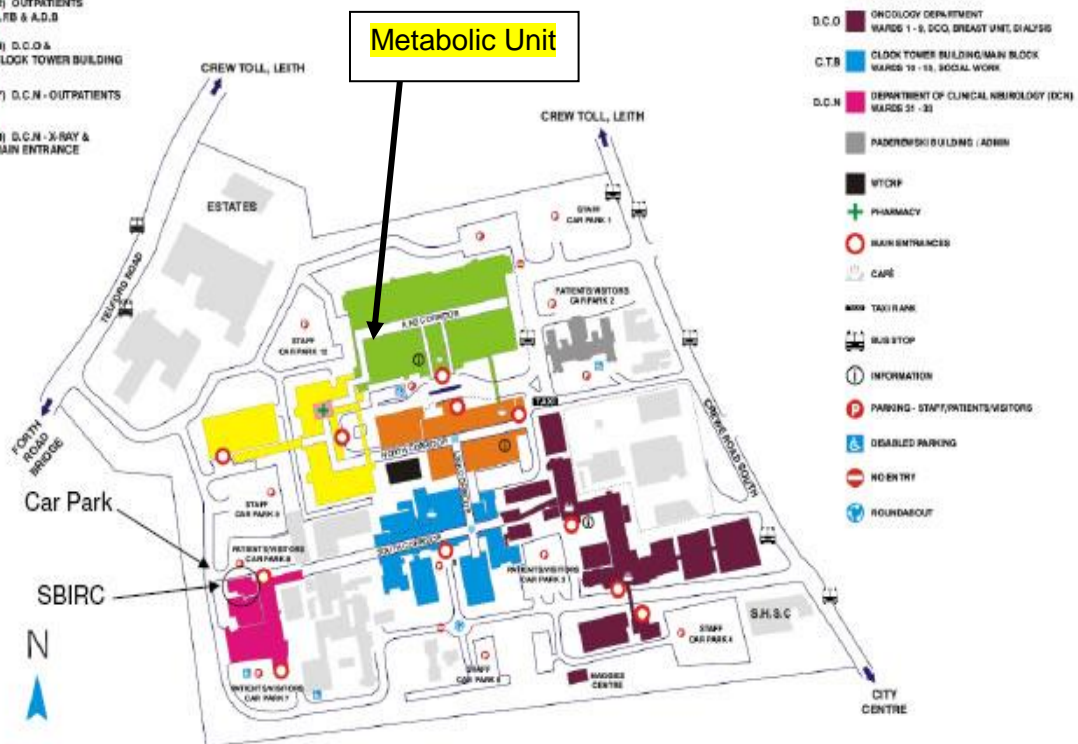
DIRECTIONS TO THE METABOLIC UNIT

- The Metabolic Unit is located on the ground floor of the Anne Ferguson Building (the green building on the map below).
- Enter the hospital via Porterfield Road and follow the signs for the Anne Ferguson Building (opposite the Acute Receiving Unit).
- Inside the main entrance of the Anne Ferguson Building, follow the signs for the Metabolic Unit to the left of the main reception desk.
- On the main corridor, turn left and follow the light green line for the Metabolic Unit.
- The Metabolic Unit is on the left hand side, directly opposite the Echocardiogram (ECG) Department.

Western General Hospital

CAR PARK GUIDE

- (2) OUTPATIENTS
A.F.B. & A.D.B.
- (3) D.C.D. &
CLOCK TOWER BUILDING
- (7) D.C.N. - OUTPATIENTS
- (8) D.C.N. - X-RAY &
MAIN ENTRANCE



- A.F.B. THE ANNE FERGUSON BUILDING
WARDS 50 - 59
THEATRES, METABOLIC, UROLOGY
- A.D.B. THE ALEXANDER DONALD BUILDING & R.L.B.U.
WARDS 20 - 27 & 41 - 43
- O.B. OUTPATIENT BUILDING
WARD 17 & DAY DEPARTMENT
- D.C.O. ONCOLOGY DEPARTMENT
WARDS 1 - 9, DCO, BREAST UNIT, DIALYSIS
- C.T.B. CLOCK TOWER BUILDING/MAIN BLOCK
WARDS 10 - 19, SOCIAL WORK
- D.C.N. DEPARTMENT OF CLINICAL NEPHROLOGY (DCN)
WARDS 21 - 30
- PADENHOSKI BUILDING (ADMIN)
- WITCH
- PHARMACY
- MAIN ENTRANCES
- CAFÉ
- TAXI RANK
- BUS STOP
- INFORMATION
- PARKING - STAFF/PATIENTS/VISITORS
- DISABLED PARKING
- NO ENTRY
- ROUNDOABOUT

NHS University
Lothian Hospitals
Division

Readability & Layout approved by the Patient and Carer Information Group
Jan 2018- Review Jan 2021 v1 LOT1534