



### **WHAT IS 24 HOUR BLOOD PRESSURE MONITORING ?**

Ambulatory blood pressure monitoring (ABPM) takes numerous readings of your blood pressure over a 24-hour period time or longer. It provides accurate and reliable information and can give you and your physician a truer picture of your blood pressure than occasional visits and readings taken at your doctor's office.

### **HOW OFTEN WILL MY BLOOD PRESSURE BE TAKEN ?**

Usually your heart rate and blood pressure will be measured at 15-30 minute periods during the day and every 30 minutes to one hour at night. Although you may notice the first few times the cuff inflates, you will soon become used to the monitor. Most people find it very easy to wear.

### **HOW DOES APBM WORK ?**

The ABPM uses the oscillometric method, which involves measuring of the blood after closing off the brachial artery, the main artery that runs from the shoulder down to the elbow. Upon return of the ABPM the technician will collect the monitor and your diary. The technician will load your test and will enter all your diary information. The report gets printed and it will be faxed immediately to your physician's office who will notify you of the results.

### **BE ADVISED OF THE FOLLOWING:**

- Pressing the START/STOP button will cancel that reading and deflate the cuff
- Undress carefully at bed time, using caution not to disconnect the hose from the monitor
- Placing a pillow over the monitor during sleep will reduce any electrostatic hum from the BPM unit.

### **PATIENT INSTRUCTIONS:**

- Wear loose fitting blouse or shirt
- Record time, symptom/mood and activity / position in the diary
- Keep your legs uncrossed during the readings
- Keep vehicle driving and travel to a minimum
- Bring Diary upon return
- Avoid excess movement during readings, relax arm slightly away from body
- Avoid hand movement and avoid flexing muscle during readings
  
- *Do not remove the cuff between readings*
- *Do not get the monitor wet*
- *Do not use power tool, heavy equipment, operate heavy equipment during readings, as vibrations may cause malfunctions or disrupt the monitor*
- *Do not remove the batteries from the unit*
- *Do not swim, shower or bathe during monitoring use*