

WHAT IS AN AMBULATORY BLOOD PRESSURE MONITOR?

It is a **portable blood pressure recording device**. It is used to record blood pressure readings at specified times during a 24-hour period. The monitor consists of an **arm cuff** attached by a **flexible rubber tube** to a **light-weight monitor**. The monitor sits in a pouch held by a waist belt or a shoulder strap. At regular intervals, usually every 30 minutes during the day and 60 minutes at night, **your blood pressure is measured and recorded** while you are going about your everyday activities.

As your blood pressure is being measured at regular intervals **over a span of 24 hours**, your doctor will be able to get clear a picture of how your blood pressure changes throughout the day.

What Happens BEFORE the Test?

Wear loose, comfortable clothing, and a **waist belt** to attach the monitor. It is important to let the technologist know if you are a shift worker so that the correct timing of the measurements can be programmed on the monitor.

It is important to remember that for the duration of the test, **you will not be permitted to bathe or shower**. Please consider this before your arrival. The device may not be removed for the duration of the test.

What Happens DURING the Test?

- It is important that you **record briefly in the journal** that you have been provided with the occurrence of the following:
 - **Strenuous or unusual physical or emotional activities or experiences.**
 - **Symptoms** such as dizziness, lightheadedness or headaches that may be associated with your blood pressure.
- **Briefly summarize in the journal your daily activities** while wearing monitor.
- **The monitor will inflate every 30 minutes until 10 p.m., and then every 60 minutes until 7 a.m.** It will resume taking blood pressure every 30 minutes thereafter.
- It is important to **relax your arm** while cuff is inflating.
- If monitor inflates more than once during cycle, it is due to excessive arm movement, or because it was unable to accurately assess blood pressure. Please keep your arm relaxed and motionless.
- If the cuff does not deflate, press on the “stop button” located on the monitor. This will abort the procedure. Your blood pressure measure will default recording to the next programmed cycle.
- Verify the blood pressure cuff periodically to ensure that arrows are aligned and tubing is correctly attached to device.
- Carry on with your normal routine.
- Take your medication as usual.
- The monitor **must be worn at all times during the examination to accurately record data**. You are **not permitted to remove until the time specified by technologist**.
- You will need to return the monitor, pouch, wires and journal to the Hospital at the set date and time.

HOW DO I GET THE RESULTS?

- The cardiologist will analyze all the data obtained after the test is completed, and review the results with you. A report will be sent to your doctor within 8 to 10 business days.
- The technologist will not able to provide you with test results.