

24 HOUR BP MONITORING GUIDELINES

WHAT IS A 24 HOUR BP MONITOR

This Ambulatory blood pressure monitor (ABPM) takes numerous readings of your blood pressure over a 24-hour period or longer. It provides accurate and reliable information and can give you and your doctor 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 to 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?

This ABPM uses the oscillometric method, which involves measuring movement of the blood after closing off the brachial artery, the main artery that runs from the shoulder down to the elbow. The data is stored and then interpreted by trained professionals in your Doctor's office.

BE ADVISED OF THE FOLLOWING:

Pressing the Start/Stop button during a reading will cancel that reading and deflate the cuff regardless of whether the Start button is set to On or Off in the Study Parameters.

Undress carefully at bedtime, using caution not to disconnect the hose from the monitor.

Placing a pillow over the monitor during sleep will reduce any electrical hum from the ABPM unit.

PATIENT ADVICE:

- Wear BP Monitor for 24hours inclusive from when fitted by Nurse or Doctor to when removed by Nurse or Doctor.
- BP cuff is attached to your arm for 24hours.
- Monitor will randomly take your blood pressure anywhere between 30 to 40 minute increments during the day and overnight at less frequent intervals of approximately 50 minutes.
- Please wear loose fitting clothes, not dresses (for ladies), to aid fitting the monitor with ease and also to allow it to be less restrictive.

- You will be unable to shower or bathe during the 24hour period whilst wearing the monitor.
- Driving is to be kept to a minimum or not at all, as is very distracting when taking blood pressure, and arm with cuff on needs to be kept straight whilst doing reading, to ensure accurate reading.
- When BP Monitor is recording, always keep arm straight until reading has completed, this ensures accuracy of measurements.
- Patient will be expected to diarise over the 24 hour period.
- Patient is not to touch or fiddle with monitor, if any concerns please ring Currimundi Medical Centre and speak with Nurse.
- Patient to return at the same time the following day for removal of monitor by Nurse and consultation with Doctor.

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