

About Blood Pressure Monitoring

24-Hour Blood Pressure Monitoring or Ambulatory Blood Pressure Monitoring (APB) involves measuring blood pressure at regular intervals over a 24 hour period while you undergo normal daily activities. The monitor will automatically pump up every half hour during the day (7am to 10pm) and every hour at night (10pm to 7am).

The portable monitor is worn on a belt connected to a standard cuff on the upper arm and uses an oscillometric technique to detect systolic, diastolic and mean blood pressure, as well as heart rate. When complete, the device is connected to a computer to download information, which is then correlated by a cardiac technician.

Preparation

You will not be able to shower with a BP monitor on, as the device is unable to get wet, so you will need to coordinate bathing before or after wearing your device. A top with loose sleeves will best accommodate the cuff and a firm waistband will help support the monitor. You should continue with your normal daily activities, including work and exercise. You should take all your usual medications.

When the cuff starts to inflate you should stop moving and talking, keep the arm still and relaxed, breath normally.

You will be given a sheet to keep a brief diary, which is important to record timing of activities, sleep, taking of medications and symptoms that may be related to blood pressure. If you feel any symptoms (dizziness, shortness of breath) please feel confident in pressing "start" to record any additional manual recordings and list symptoms in your diary.

Results

A report will be sent back to your referring Doctor within approximately 24 hours of the results being read. You will need to contact your referring Doctor to discuss the results.