



Ambulatory Blood Pressure

PATIENT INFORMATION SHEET

An ambulatory blood pressure monitor (ABP) measures your blood pressure at intervals throughout a 24 hour period as you go about your normal daily activities.

This test is performed to accurately diagnose hypertension, blood pressure treatment response, diurnal blood pressure variation, episodic hypotension and the evaluation of white-coat hypertension.

A blood pressure cuff is worn for 24hrs to record your blood pressure regularly throughout the day, you are encouraged to continue with your daily activities to ensure we obtain optimum results.

The monitor will automatically inflate every 30 minutes during the day and every hour at night

NAME: _____

DATE OF CONNECTION: _____

SLEEP TIME: _____

AWAKE TIME: _____

CARDIAC MEDICATIONS: _____

TIME TAKEN: _____

Preparation

Bath or shower before your appointment as you will not be able to shower whilst the device is attached (it is not waterproof).

Wear loose sleeved top and continue with your normal activities of daily living, continue with your work and exercise.

You should take all your usual medications.

You will need to record your sleep and awake times and any cardiac medications that you take during the recording period

Procedure

Your blood pressure will be checked every 30 minutes from 7:00 am - 10:00pm and every hour from 10:00pm - 7:00am. In some patients the frequency may be adjusted to every 15 minutes during the day and every 30 minutes overnight. When you feel the blood pressure cuff inflate, keep your arm by your side and remain still and relaxed. There might be instances that the monitor has failed to record due to excessive arm or even hand movement, if this happens the monitor will reattempt to record your blood pressure immediately.

Take note of your sleep time, awake time and your cardiac medication

Results

A report will be generated and your Cardiologist will discuss the results with you.

If you were referred by your GP, a report will be sent to them within 24 hours.

A cost of \$100 for the blood pressure monitor is payable on the day and has no Medicare rebate

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