



24-hour Ambulatory Blood Pressure Monitor

What is a 24-hour Ambulatory Blood Pressure Monitor?

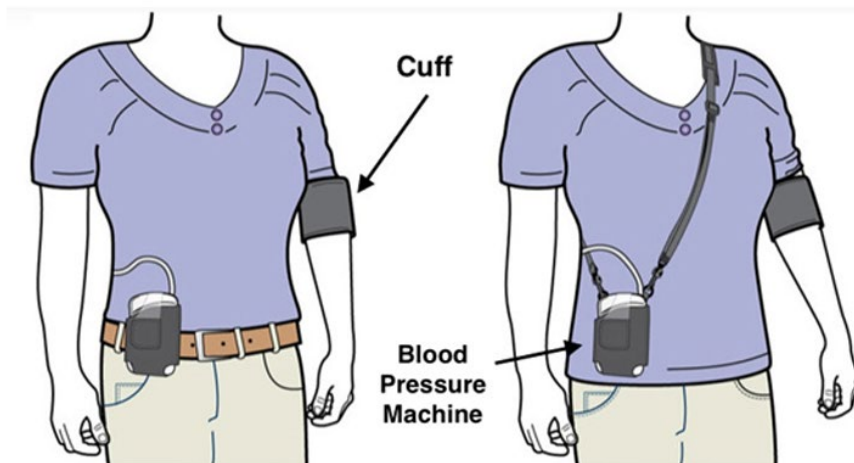
A 24-hour ambulatory blood pressure monitor is a mobile device which is fitted on you with a blood pressure cuff to measure your blood pressure at regular intervals over a 24-hour period. It allows doctors to assess what the pattern of your blood pressure is over a 24-hour period in your usual environment.

Why would I need a 24-hour Ambulatory Blood Pressure Monitor?

A blood pressure monitor is used in helping to predict the risk of cardiovascular disease (heart attack or stroke). It can additionally be used to assess how effective a particular medication is in controlling high blood pressure, otherwise known as hypertension.

What happens during a 24-hour Ambulatory Blood Pressure Monitor recording?

A blood pressure cuff is fitted to your arm and connected to a small device attached to your waist or worn around your neck. The cuff will inflate every 30 minutes during the day and every 60 minutes at night during which your blood pressure will be recorded. The information is stored in the device's memory and will be downloaded and analysed on a computer when the device is returned. A report will be forwarded to your referring Doctor.



How do I prepare for a 24-hour Ambulatory Blood Pressure Monitor?

No specific preparation is required however we advise that you wear loose fitting clothing which will allow a blood pressure cuff to be placed on your upper arm (we suggest getting it fitted on your non-dominant arm).

You will be given instructions from the technician on what you need to do while wearing the monitor.



What are the risks with a 24-hour Ambulatory Blood Pressure Monitor?

Ambulatory blood pressure recording is completely safe.

Pressure from the inflation of the cuff may be uncomfortable for some, and you may experience some sleep disruption from readings taken during the night.