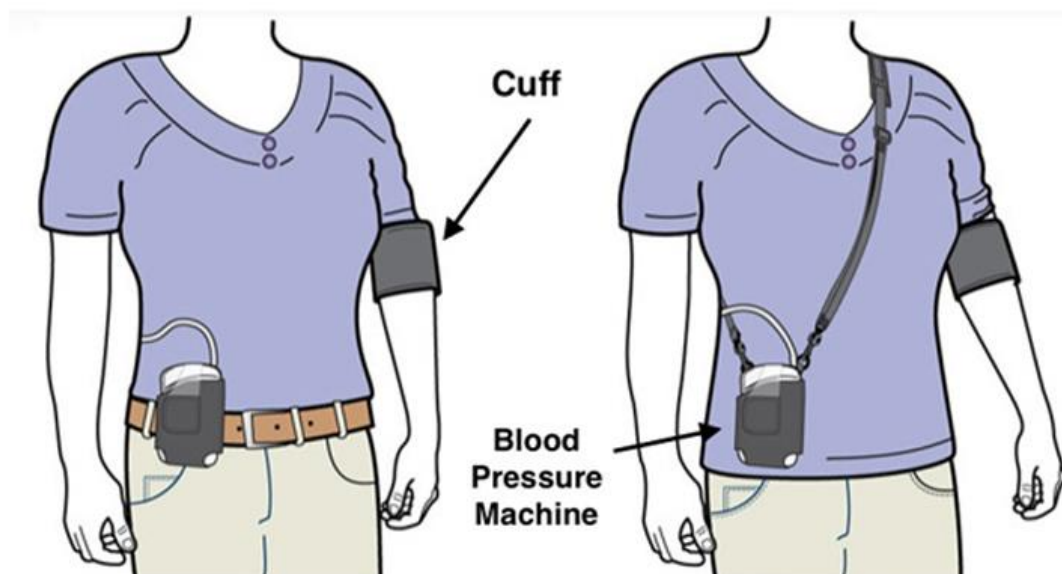


Ambulatory blood pressure monitoring (ABPM)

Ambulatory blood pressure monitoring (ABPM) is where your blood pressure is tested automatically approximately every 20 minutes during the day and hourly at night over a 24-hour period using an arm cuff attached to a portable device.



ABPM can help to give a clear picture of how your blood pressure changes over the course of a day. You should continue with your normal daily activities during the test.

We will wrap a cuff around one of your arms and place a small device in a pouch over your shoulder. The device will self-activate and inflate at regular intervals. During these times, it will make a low noise while it measures your blood pressure.

You will have to wear the device for 24 hours and **return it to us before 9am the next day.**

When blood pressure monitor starts to inflate;

- **You must stop talking**
- **You must hold your arm straight and not move your arm**
- **If driving, due to the distraction of the cuff inflating, it is advised you pull-in**

Do **NOT** have a bath or shower when wearing the device. Take your medications as normal

An alarm may sound if the machine is unable to take reading so try to relax & remain quiet when the cuff is inflating to avoid this happening. The alarm will stop once the next reading is taken.

If you do not feel the cuff inflate, please call the clinic 012884943 as soon as possible.

We will analyse the results once they are downloaded onto the computer, and you will receive a text within a few days from the doctor to let you know if any action is required.