



PATIENT INFORMATION: 24hr AMBULATORY BLOOD PRESSURE MONITORING

Ambulatory blood pressure Monitoring (ABPM) takes numerous readings of your blood pressure over a 24 hour period. It provides information that can give you and your doctor a more accurate picture of your blood pressure, than occasional readings at your surgery.

A cuff system will be fitted and remain on your arm for 24hours.

Your blood pressure will be taken approximately every 30 min during the day and hourly during the night for these 24 hours.

You may need to modify your activity during this time to lighter activity.

You will be asked to keep a diary over this time.

The Cost for this service is \$75 (non refundable)

We also ask that you pay a bond to cover the cost of non return, late return or an insurance claim should any damage occur to the equipment. This is \$250.00

This is a total of \$325.00

Please pay at your first appointment before your fitting.

Your appointment includes loading your information into the system, fitting of the cuff and recorder, then the following day removal and retrieval of the data

Please make an appointment with the Nurse for the 24 hour Blood Pressure Monitor to be fitted. Mon-Thurs 9am (for fitting)

You will be given an appointment for 9am for fitting and another for the following morning at 9am to return the equipment and download the readings.

It is essential that you attend at this time as the hire is for 24 hours only, and there may be another client waiting for the equipment.

Patient Instructions

· Please come to your first appointment having bathed/showered as the unit will not be removed until your return visit in 24 hours. The unit will then be removed by the Nurse and the information downloaded.

Clothing

· Please wear a short sleeved and loose fitting shirt/top.

Using the Device

- Record time, symptom/activity/position of each daytime reading in the patient diary.
- Activate a reading by pushing the Event Button if you are feeling unusual and recor in patient diary also.
- Remain as motionless as possible during readings.
- Relax arm slightly away form body during readings.
- Avoid hand movement and flexing muscle during readings.
- Keep vehicle driving and travel to a minimum.

Please Don't

- Remove cuff, this is important as it may make the test unusable.
- Get the monitor wet.
- Use power tools or heavy equipment during a reading, as vibrations may functionally disrupt the monitor.
- Wear long-sleeved/tight-sleeved clothing during monitoring period.
- Swim, shower or bathe during the monitoring period.



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