

# Ambulatory Blood Pressure Monitoring

## General Information

The purpose of this test is to record your blood pressure activity over a 24-hour period while you go about your normal daily routine.

## On the Day of the Test

- Please shower prior to your appointment.
- Wear clothes that are easy to remove from the waist up and that are loose-fitting around the upper arm.
- Allow approximately 30 minutes for the monitor to be fitted.

**Please note:** You are required to pay for your cardiac testing in full using our online payment portal when having your device fitted at the Clinical Labs collection centre. Assistance from our collector is available if required. If you are eligible for a Medicare rebate and your bank account details are registered with Medicare, you will receive your refund directly from Medicare in the weeks after your test results are issued.

## Procedure

**Important:** Do not drop the monitor, get it wet or expose it to electrical fields such as electric blankets and welders. Keep it inside its pouch. Do not bathe or shower during the 24-hour test, as water will damage the device. *Any negligent or accidental damage to the monitor may result in the cost of repair being charged to the patient.*

- The blood pressure cuff will be fitted to your upper arm and must remain in place for the entire 24-hour period. The recorder will be attached with a belt around your waist.
- The monitor records throughout the entire 24 hours and will inflate the cuff every 30 minutes during the day, and every hour at night.
- When the cuff inflates, relax your arm and keep it still, except when it is unsafe to do so (e.g. while driving). The cuff will then inflate. When the measurement is complete, you will hear another longer tone.
- The monitor will display an event code and sound an alarm whenever an issue prevents it from successfully completing a blood pressure measurement.
- Possible reasons for this include arm movement during measurement, the cuff not being fitted correctly, the air tube being blocked or kinked or the air tube not being correctly connected.

Procedure continued

- If the alarm sounds, please ensure the tubing is not kinked and keep your arm still during the measurement.
- If the measurement is unsuccessful, the monitor will try again one minute later.
- The cuff will inflate more firmly than the one used at your doctor’s office. Please inform the staff if it is too uncomfortable or if you experience pins and needles.
- Please remain in the waiting area of the collection centre until the first automatic inflation/deflation of cuff.
- At night, when you are going to sleep, press the Day/Night button to ensure the device inflates hourly. When you wake up, press the Day/Night button again to return the device to ‘day’ mode, where it will inflate half-hourly until the test is completed.

After the Test

- At the end of the test period, return the monitor, including the pouch and waistband, to the Clinical Labs collection centre where it was fitted.

Patient Details

Patient Name:	
Date of Birth:        /        /	
For patients under 18 years of age:* Height (cm):	Weight (kg):
Time & Date Fitted	Time & Date Removed

Manual Measurement at Collection Centre

Systolic (SYS) =	Diastolic (DIA) =
Bed Time	Awake Time

*\*Please note: Our collection centres are not equipped to measure height and weight. Please have this information ready before your device fitting.*