

## Blood Pressure Monitoring

### General information

The purpose of this test is to record your pressure activity for a 24 hour period while you go about your normal daily routine. This test has a fee attached that you will not be able to claim back from Medicare.

### Procedure

- Do not drop the monitor or get it wet. Keep the monitor inside its pouch. (Do not bathe or shower during the 24 hour period or the monitor will be irreparably damaged.)
- The monitor records throughout the entire 24 hours. Please do not interfere with the appliance.
- The monitor will inflate the cuff every 30 minutes during the day, and every hour at night.
- Every time the monitor is about to take a reading, three short tones will be heard.
- You then have 5 seconds to relax your arm to your side, except when dangerous (e.g. driving), then the cuff inflates. When the measurement is complete, you will hear another longer tone.
- If the measurement is unsuccessful, the monitor will try again three minutes later. Should this happen, the next measurement will occur after 17 minutes, not 20 minutes. There are no tones at night.
- The cuff will inflate firmer than the one used at your doctor's office. Please tell the staff if it is too uncomfortable or if you are getting pins and needles.

### 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 in the upper arm area.
- Allow approximately 30 minutes for the monitor to be fitted.
- The blood pressure cuff is fitted to your upper arm and secured and must remain in place for the entire 24 hour period.
- The recorder is attached with a belt around your waist.