



AMBULATORY BLOOD PRESSURE MONITOR

Appointment Date: _____ & Time: _____

ABPM Return Date: _____ & Time: _____

What is an Ambulatory Blood Pressure Monitor (ABPM)?

An ABPM is also known as a 24-hr blood pressure monitor. This test is often ordered to help your physician determine whether you have high blood pressure; it may also be used to confirm whether your medication(s) is working to properly control your blood pressure (BP).

What to Expect at your Appointment:

At your appointment, a staff member will apply a BP cuff and a small monitor to your arm and body; you will wear these continuously for at least 24 hours. While you are wearing the monitor, a BP measurement will be taken every 30 minutes (during the day **and** throughout the night). The monitor will beep prior to obtaining daytime measurements to let you know that a reading is about to occur; monitors are not programmed to beep during the nighttime readings.

For your test results to be accurate:

You **MUST** stop what you are doing when a reading is being taken* until the cuff flattens and the monitor stops beeping. Your arm should be comfortably supported while readings are taken.

**If you have concerns about your ability to do this (ex: if you have a physically demanding job), speak with an administrative team member to inquire about changing your appointment date.*

You will be given a diary at the time of your appointment to record any activities and symptoms that occur while wearing the monitor; this will be explained to you at your appointment.

You are required to wear the monitor back to the clinic to have it removed by a trained staff member. Monitors **MUST** be returned on the time the following business day.

A fee of \$100.00 will be charged if the monitor is returned late or damaged.

A report will be generated and should arrive at your family physician's office within 10 days.

For your appointment, it is asked that you wear a loose-fitting blouse, T-shirt, or short sleeved shirt; long sleeves are not recommended. You will **NOT** be able to take a shower or bath while wearing the monitor, however, you are encouraged to continue with all other regular activities.

Reviewed Jan 2023