

24-hour Ambulatory Blood Pressure Monitoring

Name: _____
Turn monitor off at: _____
Tomorrow, return the monitor, cuff, belt, and
your “Activity Diary” to:
> 4th Floor Dickson Building
> 4C, red bin

This pamphlet is for educational purposes only. It is not intended to replace the advice or professional judgment of a health care provider. The information may not apply to all situations. If you have any questions, please ask your health care provider.

Find this pamphlet and all our patient resources here:
<https://library.nshealth.ca/Patients-Guides>

Connect with a registered nurse in Nova Scotia any time:
Call 811 or visit: <https://811.novascotia.ca>

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متوفر أيضاً باللغة العربية.

Also available in Arabic: AR85-2401

Aussi disponible en français : FF85-2389

- It can help to make short notes about your activities during the 24 hours in your Activity Diary. Write down the time and what you are doing. For example:
 - › 10 a.m.: gardening
 - › Noon: eating lunch
 - › 1 p.m.: shopping

At night:

- It is important that you wear the monitor all night.
- After the 24 hours, you may take the cuff off your arm and **turn the monitor off**. To turn the monitor off:
 - › Remove it from the case.
 - › Open the battery cover.
 - › Flip one battery backwards.
 - › Replace the cover.
- Your blood pressure readings will be given to your health care provider to review.

Questions?

- › Phone: 902-473-6158

24-hour Ambulatory Blood Pressure Monitoring

Your health care provider has asked you to wear an ambulatory blood pressure monitor for 24 hours (1 day). Ambulatory means that you can still move around while wearing the monitor.

What is an ambulatory blood pressure monitor?

- An ambulatory blood pressure monitor is a small electronic device with a blood pressure cuff attached to it.
- It will automatically take your blood pressure:
 - › Every 30 minutes from 7 a.m. to 10 p.m.
 - › Every 60 minutes (1 hour) from 10 p.m. to 7 a.m.

Why do I need to wear an ambulatory blood pressure monitor?

- Everyone's blood pressure changes throughout the day. Also, it is often higher in a health care provider's office or clinic.

- Taking blood pressure readings over 24 hours of normal activity will give your health care provider more information. This will help them treat your hypertension (high blood pressure).

What will happen while I am wearing the monitor?

- **Do not** change your plans for the day you wear the monitor. You can do whatever you would usually do if you were not wearing it, except:
 - › **Do not have a bath or a shower.**
 - › **Do not swim.**

During the day:

- When the monitor is about to take your blood pressure, you will hear a beep. Within 5 seconds, you will feel the cuff tighten on your arm.

Important: When you hear the beep, stop what you are doing.

If you are sitting in a chair:

- › Keep your feet flat on the floor.
- › Rest your back against the back of the chair.
- › **Do not** talk or move.

- The cuff will get tight when your blood pressure is being taken, but it should be comfortable between readings.
 - › If your arm gets red or sore, or your fingers start to tingle, it means the cuff is too tight. If this happens, loosen the cuff.
- Once the monitor has taken your blood pressure, you can go back to what you were doing.
- The monitor will not display your blood pressure readings.

If the monitor is not able to take your blood pressure:

- › It will try again in 2 to 3 minutes.
- › If it is still not able to take your blood pressure, it will try again in 30 minutes.