

Ambulatory blood pressure monitoring

Why is this test done?

This test looks at your average blood pressure and how it fluctuates over a 24-hour period.

How should I prepare for the test?

- Bring along a list of the medications you are using.

No special preparations are needed for the test. We recommend wearing a top with loose-fitting sleeves. This will make it easier for you to change clothes and keep the cuff on your upper arm in place.

How is this test done?

We will start the test by measuring the blood pressure in both of your upper arms. A blood pressure cuff will be wrapped around the arm with the higher blood pressure. The cuff will be connected to a small monitor kept in an over-the-shoulder carry bag. We will measure your blood pressure a few times to check the monitoring quality.

The monitor will be programmed to take measurements automatically at 20-minute intervals during the day and at 30-minute intervals during the night. The monitor will inflate the cuff and then slowly empty it while measuring and recording your blood pressure. You should keep your arm completely still, straight and relaxed during measurements.

During the monitoring period, you should try to live your everyday life as normally as possible so that the results will be accurate. The monitor and the cuff on your upper arm must not get wet or disconnected, so you cannot take a shower or a bath or go to the sauna during the monitoring.

We will give you a diary when we set up the monitor and tell you how to fill it out. Keeping the diary is an important part of the test. It helps us find out if any abnormal blood pressure measurements are connected to specific activities or symptoms. Your diary entries should always include the time of day when a measurement was taken and what you were doing then. You should also record your symptoms, precise times when you take medicines, when you sleep, and any physical activities you engage in.

You will need to personally return the monitor to the department the next morning (usually between 8:00 a.m. and 8:30 a.m.). You must not discontinue the monitoring on your own.

Please keep in mind that you will have to pay for the monitor if you break it or lose it.

How long will the test last?

It will take about 60 minutes to set up the monitor at the department, make sure it is working and give you instructions for the recording. It will take about 15 minutes to remove the monitor and check it's functioning when you return it.

Where can I get the test results?

The ward or clinic that is treating you will tell you about the test results.

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