

## Ambulatory Blood Pressure Monitor (ABP)

This test records your blood pressure when you are walking about (ambulatory) and carrying out your normal daily activities. A blood pressure cuff will be attached to your arm with a tube from the cuff being connected to a small lightweight recorder. The recorder is then usually worn on your waist with a belt which we can supply or if you prefer may wear your own.

**You are advised to wear a loose fitting top to accommodate the cuff.** During your appointment you will need to undress to the waist for the investigation to be undertaken. Ladies will not be required to remove their bra.

You should expect to be in the clinic for approximately 45 minutes. You can leave the clinic once the cuff has inflated and a successful reading has been taken. You are then free to do what you would normally do over the next 24 hours (**You should not** however, have a bath or shower, as the recorder must not get wet).

You will also wear the recorder when asleep in bed. Please note, your sleep may be disturbed. You will be provided with a diary to record the events of your day as well as the times when you develop any symptoms (such as dizziness). The recording results will be analysed and sent to your G.P. Whilst wearing the monitor try and have as normal a day as possible and do not hold back from any events you had planned, unless of course it involves getting wet.

Please note, this investigation may be carried out by a male or female member of staff. If you require a chaperone, please contact us as soon as possible prior to your appointment so that we may arrange this. Alternatively you may prefer to have a relative accompany you.

Although not essential we advise that you do not drive once having the monitor fitted.

**\*Please note:** We advise that if you drive for a living (i.e. Taxi, HGV, bus driver etc.), **you do not work** whilst wearing the monitor.\*



**Please advise us prior to attending the clinic if your work shift patterns require you to work during the night. This will allow time to set the monitor up correctly.**

### **Additional information:**

- Do not have a bath or a shower.
- The monitor will inflate every 30 minutes (2 warning beeps will occur 5 seconds prior to this inflation) during waking hours (08:00-22:00) and during sleeping hours (22:00-08:00). It is strongly advised that you adhere to these hours to ensure sufficient readings are recorded.
- If the reading has been recorded correctly you will hear 1 bleep. If it has not, it will make a succession of fast beeps and will attempt another reading in the next minute or so. It will not attempt a reading more than twice in any half hour period. It will not make any noise during the night.
- When the cuff inflates, please ensure your entire body is **completely still and relaxed**, with your arm straightened by your side. This will prevent over inflation of the cuff and minimise the chance of failed readings.
- If you are driving, keep the machine to the right side, but if you are a passenger move it to the left so it is not in the way of the seatbelt.
- **If your arm becomes very red, sore or swollen, please remove the monitor and cuff from your arm and turn the machine off.**
- Please be careful of the excess tubing as it is very easy to get caught on door handles, also make sure it is safely secured under your clothing if you are making hot drinks or cooking.
- If you notice the machine has not inflated for a while please check the tubing has not disconnected from the machine.