

WHAT IS IT?

Ambulatory blood pressure monitoring (ABPM) is a portable blood pressure machine worn for about 24 hours. A computer activates the blood pressure cuff regularly (shown right) to take your blood pressure whilst you are undertaking normal daily activities.

WHY IS IT PERFORMED?

ABPM is performed on people who have high blood pressure (hypertension) that is difficult to control with medication or on people with variable blood pressure.

Patients with suspected 'white coat hypertension' often undergo this test. These patients often have high blood pressure only when visiting the doctor.

HOW IS AMBULATORY BLOOD PRESSURE PERFORMED?

You will wear a small device on a belt or around your neck (shown far below). This connects to a blood pressure cuff fitted to your upper arm.

At intervals throughout the day and night (for 24 hours) the recorder inflates the cuff tightly on your arm to take a blood pressure measurement. The computer stores these measurements for later analysis.

HOW LONG WILL FITTING TAKE?

A technician will fit the device taking no longer than 10 to 20 minutes. During the fitting, they will explain the procedure and provide you with all necessary instructions.

Removal of the recorder takes only a couple of minutes, when you return the device the following day.

WHAT SHOULD I WEAR?

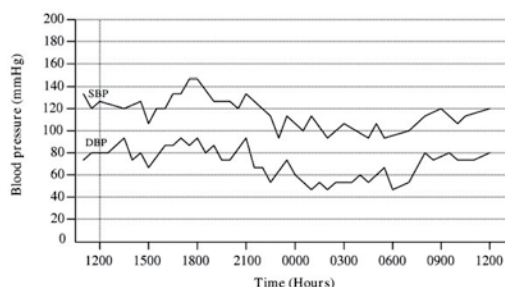
You should wear loose fitting clothes, especially around the upper arm. You are not required to undress fully. If possible, please wear a blouse or shirt which buttons at the front - this allows easier fitting of the equipment.



▲ Blood pressure cuff

WHAT ELSE DO I NEED TO KNOW?

The nurse may ask you to keep a diary to keep a record of any symptoms that you experience during the recording period. You cannot shower whilst wearing the monitor.



▲ Example of the 24 trends in blood pressure produced from a 24 hour ABPM. The systolic blood pressure (SBP) and diastolic blood pressure (DBP) are two numbers used to describe your blood pressure (e.g. '120 over 80').



Disclaimer: This brochure has been prepared by Heart Care Partners for informational purposes only and is not medical advice. All care has been taken to ensure the accuracy of information, however, this information may be changed, improved, or updated without notice.

TESTING

WESLEY HOSPITAL
3rd Floor
Wesley Private Hospital
Chasely Street
Auchenflower QLD 4066
† (07) 3870 4144
f (07) 3870 8481

MOUNT OMMANEY
Mount Ommaney
Medical Centre
171 Dandenong Road
Mt Ommaney QLD 4074
† (07) 3279 4111
f (07) 3279 4155

CLAYFIELD
Figtrees
Suite 3 1st Floor
531 Sandgate Road
Clayfield QLD 4011
† (07) 3262 7477
f (07) 3262 9631

GREENSLOPES
Suite 6
Greenslopes Specialist Suites
Newdegate Street
Greenslopes QLD 4120
† (07) 3394 3100
f (07) 3394 3118

CONSULTING

BRISBANE METROPOLITAN
Wesley
Clayfield
Mount Ommaney
Green Slopes

QUEENSLAND
Hervey Bay
Kingaroy
Maryborough
Rockhampton
Roma
Beaudesert
Emerald
Gladstone
Gympie
Ipswich