

Ambulatory Blood Pressure Monitor

What is an Ambulatory Blood Pressure Monitor and why do I need to have one ?

An ambulatory blood pressure monitor is a portable device that records your blood pressure usually over a 24 hour period. The device measures your blood pressure at specific times during the day and at night when you are asleep. The monitor consists of an arm cuff that is attached to a light weight monitor by a flexible rubber tube. The monitor sits in a pouch secured and can be worn around your waist or over your shoulder.

An ambulatory blood pressure monitor may be used to:

1. Assess blood pressure in patients who have an elevated blood pressure reading in the doctor's office to help rule out the possibility of white coat hypertension (a phenomenon in which patients have elevated [blood pressure](#) in a clinical setting but not in other settings).
2. Evaluate a patient's hypertension (high blood pressure) or hypotension (low blood pressure)
3. To monitor how well your blood pressure medications are working.

How does the monitor work ?

1. The monitor is worn for 24 hours continuously both while you are awake and asleep.
2. Unless otherwise programmed, the arm cuff inflates every 30 minutes until 10:00 p.m. and then every hour afterwards until 6:00 a.m.
3. The recorded data is then reviewed by your doctor who generates a report for your file. A copy of the report will also be sent to your referring physician. Either your cardiologist or referring physician will go over the results with you.

Patient Instructions while wearing an ambulatory blood pressure monitor.

1. One of our staff will put the monitor on for you and go over how it works. We ask that you leave the monitor on for the entire 24 hour period.
2. **You should not smoke or consume coffee within 60 minutes before the start of the test.**
3. If you have any symptoms such as a rapid heart rate, dizziness, headache, or facial flushing, we ask that you press a button on the monitor so that a manual blood pressure reading can be taken at the time of or just after your symptoms.
4. We will ask you to maintain a diary of your symptoms, vigorous activity, stressful episodes, schedule and dosage of blood pressure medications, time and quality of your sleep, and the you wake up.

5. Please turn off the monitor at the end of the 24-hour test period and return your equipment to our office at York Clinical Cardiology, 9401 Jane Street Unit 117.

This test is not covered by OHIP. There is a \$50 fee payable by cash. We apologise but we do not accept Cheques.

Set up of the monitor will be done at York Clinical Cardiology, 9401 Jane Street Unit 117. Please inform our staff if you are a shift worker, have had a mastectomy, or are on dialysis.