

## **Ambulatory Blood Pressure (BP) Monitor**

### ***What is an Ambulatory Blood Pressure (Ambo BP) Monitor?***

A blood pressure machine is fitted for a 24 hour period and measures your blood pressure. This gives a better indication of your blood pressure while you go about your daily activities, including sleep and rest periods.

### ***How is it done?***

The AMBO BP cuff is fitted around the upper arm so that the arrow lies directly over the pulse. It is fastened with a velcro fastener and turned on. The machine has been programmed to take your blood pressure at set intervals:

07.00 am to 10.00 pm every 30 minutes

10.00 pm to 07.00 am every 60 minutes

These readings are recorded by the machine's computer. There is no need for you to record the blood pressure readings.

Each time the cuff is about to inflate you will hear a warning beep alarm - relax your arm and keep still for 90 seconds. If you do not keep still during this period, your blood pressure will not be successfully recorded.

If the monitor was unable to record the blood pressure the cuff will inflate again, but this time at a greater pressure, and will try to measure your blood pressure - so keep your arm straight and still!

### ***What do I do on the day?***

Please present to Reception at the Heart Centre, 3rd Floor, Philip Block. Bring your Medicare Card and Referral from your doctor (if not already faxed).

### ***Do I take my medications on the day of the test?***

Yes. Take all your medications before and during the 24 hour test period.

### ***Can I eat and drink before my test?***

Yes, you do not need to fast.

### ***What do I wear for the test?***

Please wear a loose top garment which allows easy access to your upper arm.

### ***What happens during the test?***

You will go home with the AMBO BP attached and continue with your normal lifestyle. When driving your car, if you prefer, you may turn the machine to "OFF" and when you reach your destination turn it to "ON" again. You cannot shower/bath for the time you wear the AMBO BP. If the AMBO BP is removed before returning, the monitor must be turned off.

### ***How long does the test take?***

Allow approximately 30 minutes for this appointment, and 15 minutes when you return the following day.

### ***What are the Risks?***

There are no known risks associated with an AMBO BP.

### ***How will I get my results?***

The "AMBO BP" computer recordings form a report which will be sent to your referring doctor and a copy placed in your medical history. Your referring doctor will discuss the results at your next appointment.