



## 24-HR AMBULATORY BP MONITOR (ABPM)

### What it is

What is an ABPM?

- An ABPM is a portable digital blood pressure monitor that you wear for 24 hours. There is a standard blood pressure cuff that is fitted to your arm and a small machine you wear on a belt. It will check your blood pressure multiple times throughout the day and will store these blood pressure readings on the machine.

Why do I need a 24-hour ABPM?

- By measuring your blood pressure multiple times throughout the day your physicians are able to assess how your blood pressure changes throughout the day and what your average blood pressure is during a 24-hour period.
- It can be used to verify that you do have high blood pressure as opposed to blood pressure that is just elevated in the doctor's office (*white coat hypertension*) or to assess how well your blood pressure is controlled on the medications that you are taking.

### Performance/Preparation

What happens during the monitoring period?

- The blood pressure cuff will be fitted and put on your arm at the office. The cuff will remain on your arm for the 24-hour period. You will not be able to shower or take a bath while the cuff is on your arm.
- The machine is small enough that you can continue to do your usual daily activities while you are wearing it. This allows your physicians to assess what your average blood pressure is on a normal day.
- The cuff will inflate every 15-30 minutes during the day and every 30-60 minutes at night.
- When the machine beeps it is about to take a reading. When this happens please sit down if possible. Keep the cuff at the level of your heart. Keep your arm steady until it is finished.
- After the 24-hour period you will return the cuff and the blood pressure machine to the clinic.

### Duration

You will wear the cuff for a 24-hour period to allow multiple measurements during daytime and nighttime either to assess for the presence of hypertension or to gauge response to therapy

### Medications

Please take all your medications as prescribed.

### Driving

There are no restrictions to driving both privately or commercially while wearing an ABPM.