

24-hr Ambulatory Blood Pressure Monitoring

Important Do's and Don't's

- Please keep the unit away from water and excessive humidity.
- Please bath or shower prior to your first appointment and do not attempt to bath or shower again until the monitor has been removed by the nurse.
- Do not crimp the air hose.
- During measurements, as you feel the cuff inflating, stop what you are doing and keep your arm relaxed and still. If you are driving, remember safety first – do not compromise safe driving for blood pressure readings.
- Do not remove the cuff unless absolutely necessary during the 24-hr monitoring period.
- The cuff will inflate at 30-minute intervals until 11 pm. It will then inflate at 60-minute intervals.
- These intervals are a guide only and will not always be exactly on time. This is hopefully to prevent you from waiting for the cuff to inflate and therefore being unduly tense each time.
- If you have any concerns regarding the monitor within surgery hours, then please ring the surgery. A nurse will ring you back when she is available.