

24-hour Ambulatory Blood Pressure Monitoring Hants Community Hospital

Name: _____

Return by: _____

Return the monitor, the cuff, and your “Activity Diary” to:

- › Hants Community Hospital
Cardiac Investigations/Security Office

Your health care provider has asked you to wear an ambulatory blood pressure monitor for 24 hours (1 day). **Ambulatory** means that you can still move around while wearing the monitor.

What is an ambulatory blood pressure monitor?

- An ambulatory blood pressure monitor is a small, electronic device with a blood pressure cuff attached to it.
- It will automatically take your blood pressure:
 - › Every 30 minutes from 7 a.m. to 10 p.m.
 - › Every 60 minutes (1 hour) from 10 p.m. to 7 a.m.

Why do I need to wear an ambulatory blood pressure monitor?

- Everyone’s blood pressure changes throughout the day. It is often higher in a health care provider’s office or clinic.
- Taking blood pressure readings over 24 hours of normal activity will give your health care provider more information. This will help them treat your **hypertension** (high blood pressure).

What will happen while I am wearing the monitor?

- **Do not** change your plans for the day you wear the monitor. You can do whatever you would usually do if you were not wearing it, except:
 - › **Do not** have a bath or a shower.
 - › **Do not** swim.

During the day:

- When the monitor is about to take your blood pressure, you will hear a beep. Within 5 seconds, you will feel the cuff tighten on your arm.

Important: When you hear the beep, stop what you are doing.

If you are sitting in a chair:

- › Keep your feet flat on the floor.
- › Rest your back against the back of the chair.
- › **Do not** talk or move.

- The cuff will get tight when your blood pressure is being taken, but it should be comfortable between readings.
 - › If your arm gets red or sore, or your fingers start to tingle, it means the cuff is too tight. If this happens, loosen the cuff.
- Once the monitor has taken your blood pressure, you can go back to what you were doing.
- The monitor will **not** show your blood pressure readings.

If the monitor is not able to take your blood pressure:

- › It will try again in 2 to 3 minutes.
- › If it is still not able to take your blood pressure, it will try again in 30 minutes.
- It can help to write short notes about your activities in your Activity Diary. Write down the time and what you are doing. For example:
 - › 10 a.m.: gardening
 - › 1 p.m.: shopping
 - › Noon: eating lunch

At night:

- **It is important to wear the monitor all night.**
- After the 24 hours, you may take the cuff off your arm and turn the monitor off.

To turn the monitor off:

- › Take it out of the case.
- › Flip one battery backwards.
- › Open the battery cover.
- › Replace the cover.
- Your blood pressure readings will be given to your health care provider to review.

Sample diary:

Time	Symptom	Activity
9:30 a.m.	Dizzy	Walked to car
11:12 a.m.	Chest pain	Watching TV

Day 1:

Date: _____ Holter start time: _____

[illegible]

Questions?

- › Phone: 902-792-2022
- › Hants Community Hospital
Cardiac Investigations

This pamphlet is for educational purposes only. It is not intended to replace the advice or professional judgment of a health care provider. The information may not apply to all situations. If you have any questions, please ask your health care provider.

Find all patient education resources here:
www.nshealth.ca/patient-education-resources

Connect with a registered nurse in Nova Scotia any time:
Call 811 or visit: <https://811.novascotia.ca>

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