

## **24 Hour Ambulatory Blood Pressure Monitoring**

### **Definition**

A 24-hour blood pressure monitor checks your blood pressure every 30 minutes during regular daily activities and during sleep.

### **Why the Test is Performed**

- If you have high blood pressure seeing your medical practitioner (“white coat hypertension”)
- Suspected high blood pressure that may not be documented during occasional clinic visits
- Suspected hypertension overnight (nocturnal hypertension), assessment for physiological nocturnal blood pressure dipping. The lack of nocturnal blood pressure dipping may be an indication of underlying sleep apnoea
- Assessment of efficacy of medication to treat hypertension

### **How the Test is Conducted**

The self-inflating blood pressure cuff is typically mounted on the left arm. and tubing is connected to a monitor worn on a belt. The tubing typically runs up to the back of the neck and then down the right front of the chest to connect to the recording device. You should plan a normal day however without heavy exercise. The blood pressure cuff will pump up and inflate every 30 minutes to measure your blood pressure and pulse rate. When the cuff starts inflating, keep your arm still and breathe normally. If you have a shower, you will need to remove the device. You will be given a diary to record your activities and potential symptoms.

### **How to Prepare for the Test**

- Please do not apply lotion, oil or powder to the skin of your chest and arms.
- It is best to wear a shirt with loose sleeves to comfortably fit the blood pressure cuff underneath.

### **Risks**

There is no risk involved with this test. The test will not be performed if you are on certain blood thinning medication.