

## **PATIENT INFORMATION SHEET**

The purpose of this test is to record your blood pressure activity for a 24 Hour period while you go about your normal daily routine.

A fee is payable on the day the monitor is fitted and it is not claimable from Medicare.

### **GENERAL INFORMATION**

1. The monitor will inflate the cuff every 20 minutes during the period from 6.00am to 12.00 midnight, and every hour from midnight to 6.00am.
2. Between 6.00am and midnight, every time the monitor is about to take a reading 3 small tones will be heard. You then have 5 seconds to relax your arm to your side (except when dangerous e.g. driving) then the cuff inflates. When the measurement is complete you will hear another larger tone. If the measurement was not successful the monitor will try again 3 minutes later. Should this happen, the next measurement will occur after 17 minutes, not 20 minutes.
3. If your blood pressure is very high, the cuff will be a lot firmer and the time interval between measurements may be less than 20 minutes

N.B. There is no tone between midnight and 6.00am

4. The cuff does not inflate firmer than the one your doctor uses. Please tell our staff if it too uncomfortable or if you get pins and needles in your fingers.

### **ON THE DAY OF THE TEST:**

1. Please shower prior to your appointment. Wear clothes that are easy to remove from the waist up and are loose fitting in the upper arm area.
2. Allow approximately 30 minutes for the monitor to be fitted.
3. The blood pressure cuff is fitted to your upper arm and secured. This remains in place for the entire 24 Hour period. The recorder is attached with a belt around your waist.
4. We require a list of your medications and when you take them. Please bring this with you when you return the monitor.

If you have any problems please contact either the collection centre where the monitor was fitted or after hours please contact our central laboratory on 9736 7000.