

# Ambulatory Blood Pressure Monitor

Your blood pressure is high today. We need more information to know if this is a problem that needs treatment.

Don't worry. Lots of people have higher blood pressure readings at their doctor's office than they would at home.

That's why your doctor wants you to wear an ambulatory blood pressure monitor.

"Ambulatory" basically means "walking around," so you just wear this as you go about your normal day.

This will give us a better idea what your blood pressure is during a normal day.

We're going to tell you everything you need to know. And we made this handout to help!

Your doctor wants you to wear this continuously for the next 24 hours.

First, make a note of what time it is today when we turn your monitor on, and keep it on a full 24 hours until the same time tomorrow.

The monitor is programmed to take your blood pressure every 20 minutes during the day, and once an hour at night.

It will display the first reading, and maybe a few more, but after that the monitor might only show the time. Or appear completely blank. This is normal! We don't want you worrying about whether the numbers are too high or too low.

It really doesn't matter if you are standing, sitting, or lying down when the blood pressure reading is taken. Just remember to keep still when you feel the cuff start to tighten.

That means you need to stop talking and stop whatever you're doing -- even playing video games.

And try to remember to uncross your legs, because that can affect the reading too.

Your doctor would also like for you to fill out this 24-hour log form.

You need to write down what time you go to sleep and what time you wake up.

Make sure to write down the times you actually fall asleep and wake up, or as close to it as you can guess, and not the times you get into bed and out of bed.

Ask an adult if you need help filling out any of the sections.

Under the "Activities" section, we'd like you to keep track of what you do during the day, especially activities that might raise your blood pressure like playing video games or physical activity.

More information is always better than less!

Under the "Medications" section please let us know of any medications taken during the 24- hour period.

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This includes both prescribed and over-the-counter medications. Note the name of the medication, the dose, and the time taken.

And if no medicine was taken, please don't leave the section blank. Write "NONE" so the doctor can be sure.

And remember, the monitor must stay dry, so no water sports, baths, or showers for the next 24 hours.

Return the monitor, cuff, case, and log within 5 days.

Follow up with the doctor who ordered the test. Results should be ready within three weeks after you return the monitor.

And remember, if you follow all the directions, hopefully you won't have to do this again.