

What is the purpose of an ambulatory blood pressure monitor?

Your doctor may have requested a blood pressure monitor to measure your blood pressure over the course of 24 hours. Unlike a once-off check in your doctor's office (when you may be anxious), this monitor records your blood pressure over a longer time period in your usual environment. The recordings give your doctor a more accurate view of any blood pressure changes during your normal activities, including when you are sleeping.

What does it involve?

Getting the monitor fitted

The blood pressure monitor will take around 5-10 minutes to be fitted in our clinic.

Firstly, you will need to remove your top/shirt and the inflatable arm band will be put on your arm. The arm band is connected to a small recording device (about the size of a mobile phone). The device is kept in a protective bag that can be worn across your body like a handbag or on your belt. Once the device is set up and attached, you will be free to go and can go about your normal daily routine.

Wearing the monitor

Every 30 minutes, the arm band will self-inflate and your blood pressure will be recorded.

When wearing the monitor, you can perform all your usual activities, apart from showering and swimming as it cannot get wet. Keep the holter monitor on for the entire duration that your doctor has requested, even when you sleep, so that it can record your blood pressure accurately. Also try to avoid touching or adjusting the electrodes or monitor.

You may be asked to record any symptoms that you experience while wearing the monitor. If so, please take notes on:

- the symptom you experience, eg fast heartbeat, dizziness, out of breath
- the time of day it occurred, eg 1:30pm
- how long it lasted, eg 20mins
- what you were doing at that time, eg exercising, lying down etc.

You can discuss these symptoms with your cardiologist or referring GP at your follow up appointment.

Returning the monitor

When you return to our clinic, it takes less than 5 minutes to remove the monitor. We will retrieve the results from the device and once received, our cardiologist will prepare a report within 2 business days. You can discuss these results with either your GP (if they have requested) or our cardiologist at a follow up appointment.

Do I need to prepare?

- Wear a loose top/shirt that can be easily removed to fit the inflatable arm band and the connected device around your waist.

Ambulatory blood pressure monitor

General information



- We recommend showering before having the monitor fitted as you will not be able to shower for 24 hours or longer, depending on how long your doctor has requested you wear the device.
- You do not need to fast
- Continue taking your usual medication unless your doctor advises otherwise.

Are there any risks associated with wearing a blood pressure monitor?

There are no known risks to wearing a blood pressure monitor. A minor inconvenience is that it may wake you up during the night when the arm band inflates.

What should I do if the monitor starts beeping or making noises?

If the blood pressure monitor starts beeping, it may indicate that the batteries are running low. While this is rare, it is generally not a problem if it occurs towards the end of the 24 hour period and the recording can still be completed. If you are concerned, please call us on one of the numbers below.

Any questions or concerns?

Please call us on:

Chatswood clinic: (02) 9411 3930

Dee Why clinic: (02) 9133 7050

IMPORTANT WHILE WEARING A BLOOD PRESSURE MONITOR

- ♥ Leave it on at all times, even during sleep
- ♥ Do not get it wet, avoid showering and swimming
- ♥ Continue with all your other usual activities