

24-HOUR BLOOD PRESSURE MONITOR

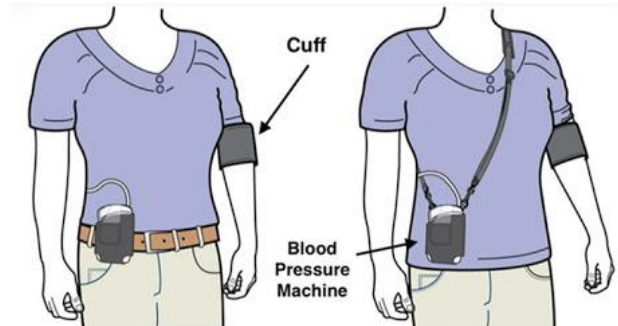
PATIENT INFORMATION SHEET

24 Hour blood pressure monitoring is a method to measure blood pressure on a continuous basis.

WHY DO I NEED ONE?

By measuring blood pressure regularly over 24-hours, your doctor can get a clear picture of how your blood pressure changes through the day and night. Here are some reasons why your doctor might suggest this test:

- To see if you do suffer from high blood pressure, and how high the readings are.
- If your BP readings are always high in the doctor's surgery, your doctor may want to know if your blood pressure is actually lower outside the surgery – this is called "white coat syndrome".
- Your doctor may want to see how big the changes in your blood pressure are in a 24-hour period.
- To see how well your medication is working, and to make sure they are controlling your blood pressure throughout the day and night.



WHAT TO EXPECT

The 24-hour blood pressure monitor is a lightweight computer that measures blood pressure and pulse; it is connected to a blood pressure cuff by a long hose and is worn on your arm, underneath your clothes.

***A fee will be collected the day the monitor is removed. You will not be able to claim this back from Medicare.*

PREPARING FOR THE PROCEDURE

- Shower before your appointment because the monitor remains on for about 24 hours and you will not be able to shower while the monitor is connected.
- It is advised to wear loose clothing.
- Although the 24-hour period should be a normal day, you cannot play sport or swim.

WEARING THE 24-HOUR BLOOD PRESSURE MACHINE

- The blood pressure machine beeps and then an internal pump inflates the cuff approximately every 30 minutes during the day, and then every hour overnight; starting at 10pm.
- The monitor is attached with a lanyard strap around your arm and neck.
- The procedure is not painful; however, you may experience tightness in your arm as the cuff inflates. It takes approximately 40 seconds for the cuff to inflate.
- If the cuff cannot inflate it may attempt to do it again in a few minutes.
- It is important to keep your arm still and relaxed by your side when the cuff is inflating.
- Please do not remove the monitor from the carry case or get the device wet. The computer is fragile and will need repair if it is dropped and you may be responsible for the repair costs.
- You will need to return to the surgery after 24 hours to have the monitor removed.