

BLOOD PRESSURE MONITOR



What is a Blood Pressure Monitor?

The blood pressure monitor is a non-invasive system for measuring blood pressure. A blood pressure cuff is worn for the full 24 hours and is connected to the monitor by tubing, with the monitor worn on a belt provided.

How is the Blood Pressure Monitor procedure done?

- The blood pressure cuff is placed on your non-dominant arm with the monitor and tubing placed under your clothing.
- An initial blood pressure measurement will be taken. The monitor is then programmed to take a blood pressure measurement every 30 minutes during the day and every 60 minutes during the night (10pm – 6am).
- The procedure will take approximately 15-20 minutes. The technician will provide you with all the information necessary while fitting the monitor. The monitor should be removed at home the following day and returned to the Heart Centre reception desk at a specified time (the technician will advise you of the return time when you have the monitor fitted).
- **You should continue your usual activity while wearing the monitor.**

How do I prepare for the test?

- For your comfort, we recommend you shower before attending your appointment, as you will not be allowed to shower, bath, swim or perform any activity which may get the monitor wet.
- Please wear a two piece outfit with a loose fitting shirt / top, preferably with short or no sleeves.

When will I receive my results?

The results of the test will not be available for approximately **3 business days after the monitor is removed**. This is because the recordings need to be analysed by a technician, reported on by one of our Cardiologists and the report typed. The results will be sent to your referring doctor for discussion. *If you have an appointment with your doctor prior to this time, please advise reception staff and the technician who fits the monitor.*

What do I need to bring to my appointment?

- Your **referral** from your GP or referring specialist (if it is not already held by us).
- A list of your current medications and dosages
- Any previous x-rays or test results relating to your current condition