Symphony of Health connections

Ambulatory Blood Pressure Monitor Patient Information and Preparation Instructions

Test information:

An ambulatory blood pressure monitor (ABPM) test is a diagnostic procedure that involves the use of a portable device to measure and record your blood pressure over a 24-hour period or longer. Unlike a traditional blood pressure measurement taken at a doctor's office, ABPM provides continuous monitoring of your blood pressure throughout your normal daily activities, including during sleep. This information may help with Shared Decision Making with you to plan subsequent investigations and/or treatment options.

The purpose of ABPM is to obtain a comprehensive and accurate assessment of your blood pressure patterns over a longer period, as it can vary throughout the day. Your healthcare provider can identify any abnormal fluctuations, such as high blood pressure or low blood pressure, changes at night and in the early morning after walking up that may or will not be apparent during a single visit to the doctor's office.

During an ABPM test, a small BP measuring device is attached to your arm with a cuff that inflates and deflates at regular intervals to measure your blood pressure. The device is programmed to take readings automatically. It typically measures your BP every 15 to 30 minutes during the day and every 30 to 60 minutes at night. It is very important that during the time of the test you record any symptom along with your activity at the time when you experience it. Along with this, we ask that you record when you take your medications and when you sleep and wake up. See more information.

This test will take around 24 hrs to complete. You will be asked to sign a waiver and return the BP unit and all its accessories and components without any damage (minor or major) in good working condition so it can be appropriately cleaned by our staff and applied to another patient.

Please review the following information to allow for appropriate testing:

- Avoid any type of water-related activities that may wet your body during the monitoring period. Please have a shower or a bath before your scheduled appointment time. **The ABPM recording unit, the tubing and the cuff system MUST NOT GET WET or BE SUBMERGED IN WATER. This will damage the unit. Please see our Safekeeping and Loan Agreement and your responsibilities.**
- **Do NOT try to recharge the ABPM recording unit at home.**
- No lotions, powder, or body oils on your arm areas.
- Wear suitable, loose-fitting clothing that can easily accommodate the BP cuff.
- Do NOT consume caffeine or alcohol for 12 hours prior to test (coffee, tea, soft drinks, energy drinks, chocolate, decaffeinated coffee/tea, Tylenol #3 and other medications that may contain caffeine products).

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- Avoid physical exercise, caffeine, nicotine, vaping, nicotine patches, alcohol and cannabis products for at least 24 hrs before the test.
- Follow the instructions of your referring/family doctor to either stop taking your medications for a required period or continue to take them for the duration of the test.
- Before attaching the device, shower or bathe to ensure your skin is clean and free from lotions, oils, or any other substances that could interfere with proper cuff placement.
- Get a good night's sleep before the procedure.
- Bring your medications and a list of their names and doses (amount you take) with you.
- Try to maintain a normal routine of your activities during the monitoring period.
- Keep a diary/record of your activities and symptoms during the monitoring period. Note the time and details of any physical activities, emotional stress, meals, or other relevant events or symptoms. This information can help correlate blood pressure readings with your daily routine.

Your test results:

Your test results will be communicated with your referring health care provider and/or family physician **within 5-10 business days**. Please contact them to discuss. If any **Urgent or Critical** results are found, a Symphony of Health Connections team member will contact you. Should your test result require urgent consultation/assessment/treatment, we will try to expedite that for you as possible in coordination with your referring provider/family physician to minimize your concerns.

If your results are **Normal or Stable** and were ordered by Symphony of Health Connections, our team will review them with you by letter, phone call, text if available, or at your next scheduled follow-up appointment.

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