

## **AMBULATORY BLOOD PRESSURE MONITORING**



Ambulatory blood pressure monitoring is a test that measures blood pressure over a period of 24 hours while people perform their normal daily activities. The patient wears a small monitor that takes readings every 15 to 30 minutes and saves them in the memory. It provides accurate and reliable information and can give the doctor a more precise overview than the occasional readings that are taken in the doctor's office.

Wearing a monitor does not interfere with most daily activities. You will have to remove it to take a bath or shower. The monitors are light, easy to use and silent. In the doctor's office, a trained professional will program the device for it to automatically measure blood pressure throughout the day and night. You will wear an inflatable cuff on one arm and a recording device of the size of a "walkman" on the waist. Most people find this comfortable.

After 24 hours, the monitor is removed and it is given to the doctor. The blood pressure readings are retrieved from the monitor, and the doctor can use this information to evaluate whether the blood pressure is well controlled and adjust the treatment if necessary.