



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. While you can remove it to take a bath or shower, we prefer that our patients do not do this as often when the device is put back on it does not get as accurate of a reading of blood pressures.

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 do not find this uncomfortable.

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.