

PATIENT GENERAL INFORMATION FOR AMBULATORY BLOOD PRESSURE MONITORING

Ambulatory Blood Pressure Monitoring (ABPM), it is small machine which provide multiple automatic measurements of blood pressure at specific intervals throughout 24 or more hours, normally each 20 to 30 minutes during your normal activities, and 45 to 60 minutes during the sleeping time.

Patient self-measured blood pressure levels can complement those measured by the doctor to give a more complete, accurate picture of the patient's blood pressure, and help doctors to make more informed therapeutic decisions.

Blood pressure levels measured by the patient at home or at work are usually lower than those measured by the doctor in the clinic setting (the white coat effect), and more closely approximate levels measured by 24-hour ambulatory blood pressure monitoring (ABPM).

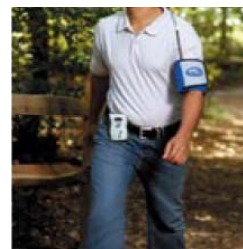
Monitor specifications:

Weight: 284 grams (included batteries)

Weight: 10 oz.

Size: 12 cm x 7 cm x 3 cm.

Size: 4,¾in x 2,¾in x 1,¼ in



Before the Test:

There is no special preparation for this test.

Shower or bath at home before you start the test is recommended if you desire, you will not be able to do so while you are wearing a Holter monitor.

You must keep the monitor close to the body into a pouch worn around your waist or shoulders.

Continue with normal activities while wearing the monitor and register them in the Activity Diary provided.

Please keep cuff dry. Do not swim, take a bath or shower wearing the recorder.

Avoid: activities that can damage the recorder, magnets, metal detectors and electric blankets while wearing the device.

During the Test:

If you feel the machine is re-taking the blood pressure within 1 minute of the programmed period of time, this could happens if the device cannot measure your blood pressure (probably due to arm movement, stress arm, loss cuff etc).

Keep your arm steady and at heart level during measurement and continue doing normal activities between measurements.

Write level of activity at time of blood pressure measurement, when yo go to bed and rising time.

Medication time and record any symptoms that you may experience.

After the Test:

The report will be sent to your Doctor in the following 48 hours.

Possible clinical indications for ambulatory blood pressure measurement

- Exclusion of white coat hypertension
- Deciding diagnosis in borderline hypertension
- Elderly patients for treatment
- To identify nocturnal hypertension
- Hypertensive patients resistant to treatment
- As a guide to antihypertensive drug treatment
- Hypertension of pregnancy
- To diagnose hypotension
- Regulation of drug therapy.

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