

FAQS

How does the monitor work?

A battery inflates the cuff and takes your blood pressure every half hour during the day and every hour during the night.

Do I have to do anything while wearing the monitor?

Do not bathe or shower while wearing the monitor. Continue with regular activities throughout your day to get an accurate reading. When the cuff is inflating, keep your arm still.

Can I exercise?

We encourage you to go about normal daily activities. If you do exercise, you will need to write this in the diary that we will give to you.

What happens to the report/study when I return the monitor?

We download the information to our computer system and forward a report to your doctor for interpretation.

Location:

Diagnostic services is located on the second floor of Building B at the Markham Site.

Diagnostic services is located on the first floor of the hospital at the Uxbridge Site.

Your appointment has been scheduled for:

Date: _____

Time: _____

Please bring your OHIP health card with you and arrive 30 minutes before your appointment time.

If you are feeling unwell, have a high temperature, cough or sore throat on or before the day of your appointment, please call the Scheduling Centre to reschedule your appointment.

BROBPM (06/13)



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Blood Pressure Monitor



Patient Information



What is a blood pressure monitor?

An ambulatory blood pressure monitor is a small unit worn on your arm for 24 hours. This unit checks your blood pressure approximately every half hour. This test is ordered by a physician who is concerned about their patient's blood pressure. A blood pressure monitor test will help the physician to make decisions on medications and other treatments. It may be used to evaluate how a medication is working.

A physician may order a blood pressure monitor for the following reasons:

- White coat syndrome
- High blood pressure
- Low blood pressure

This test is not covered by OHIP. The fee for a blood pressure monitor test is \$80.00.

Please note: You cannot shower or bathe while the monitor is attached to you (normally a 24 hour period).

What to Expect Before

Please wear a loose fitting T-shirt with pants, shorts or a skirt. Please do not wear a dress.

What to Expect During

This test will take approximately 15 minutes to set up and explain.

We will attach a blood pressure monitor to your arm and place a recording device around your waist. The recording monitor is the size of a small calculator and fits at your waist under your clothes.

The blood pressure cuff will inflate at half-hour intervals while on your arm during the day, and every hour during the evening.

What to Expect After

There are no specific instructions for after your visit. There are no side effects from this test.

You will need to return the monitor to the hospital as instructed by the cardiology technologist.

The drop off for the monitor is located in the Link Lobby in Building B (near the diagnostic services entrance).

There is a labeled box where you can drop off the monitor at any time.

The technologist will pick it up, download the information and send it to your doctor.