

What to bring to your appointment

- OHIP card
- Loose-fitting, comfortable, short-sleeved exercise clothing (t-shirt and shorts or jogging pants) and rubber-soled shoes (running shoes)
- Debit/Credit card (blood pressure monitor test fee of \$80 is not covered by OHIP)
- Translator if needed

Location

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

Uxbridge Site
Diagnostic Services is located on the first floor.

Where to park

Markham Site
Parking is available in Visitor's Parking Lot 1 – Main Entrance/Link Lobby. Located on Church Street between Ninth Line and Bur Oak and can be accessed by the entrance off of Butternut Lane.

Where to go on the day of your appointment

Before proceeding to your appointment, you must **register with Main Entrance Registration** located in the Main Lobby (2nd Floor, Building A) **15 minutes before** your scheduled appointment.

Appointment Date: _____

Appointment Time: _____

To reschedule or cancel your appointment, call Patient Scheduling at 905-472-7020.

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

BROBPM (11/16)



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Blood Pressure Monitor



Patient Information



MARKHAM STOUFFVILLE HOSPITAL
A PROUD HERITAGE – AN EXTRAORDINARY FUTURE

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. Women must wear a bra for exercise.

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.

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.