



## AMBULATORY BLOOD PRESSURE MONITOR

### What is an Ambulatory Blood Pressure Monitor / Unit (ABU)?

High blood pressure (BP) puts an increased load on the heart, brain, kidneys and other organs. If untreated, it can lead to heart attack, heart failure, kidney failure and stroke. High BP usually has no symptoms, so accurate diagnosis by screening is very important. Blood pressure monitoring can be very helpful in determining whether a person does have genuinely high blood pressure (BP) or to see how well the BP is being controlled by treatment.

An ambulatory blood pressure monitor takes approximately 40 separate readings over 24 hours showing the maximum, minimum and average BP at different times of the day. The unit is battery-powered and sits in a pouch strapped around the waist, and is attached via rubber tubing to an inflatable cuff, which is wrapped around the upper arm. The recorder automatically inflates the cuff to measure the blood pressure then deflates the cuff again. The cuff can feel quite tight around the arm when inflated, but should not be painful.

### What preparation is required?

No special preparations are necessary, but it is sensible to wear a loose fitting top or jacket with long sleeves to conceal the BP cuff. The unit is usually worn on a belt around the waist on the outside of the shirt although can also be tucked away inside.

### How is the Ambulatory Blood Pressure unit fitted?

Our nurse will explain the procedure to you and fit the monitor. The time allowed for this is approximately 20 minutes. You will be given a diary to fill out which provides additional useful information and assists with the analysis of the recordings. The nurse will give you instructions on how to fill out your diary. Removing the monitor the next day takes only a few minutes. It is not possible to shower or bathe while wearing the monitor.

### What is the cost of the procedure?

You will be advised of the cost of the procedure and where to park when you make your appointment.

### How do I get my results?

A report is prepared showing a graph of your blood pressure recordings, as well as the average, maximum and minimum BP during the day and at night. A copy of the report is sent to the referring doctor (and to the patient if requested) with a letter summarising the findings. Recommendations for further investigations or treatment may be necessary.

### Where do I go to have this diagnostic test done?

- Auckland Heart Group, 94 Mountain Road, Epsom, Auckland
- Auckland Heart Group, 1 Shea Terrace, Takapuna

For further information refer [www.heartgroup.co.nz](http://www.heartgroup.co.nz) or phone 09 623 1020