

## **Ambulatory Blood Pressure Monitoring**

### **What is an Ambulatory Blood Pressure Monitor?**

An Ambulatory Blood Pressure Monitor is a monitor which records the blood pressure at regular intervals over a 24 hour period. The nurse will apply a blood pressure cuff on your upper arm. The cuff will attach to a small monitor which you will carry on your waist. The blood pressure is usually recorded every 20 minutes during the day and every 30 minutes at night.

### **Why do you need this study?**

The doctor will use this study to look at your blood pressure during your normal activities. Some people have high blood pressure in the doctor's office, so this study will show whether your blood pressure is truly high. Also, this study may be used to see how well your treatment is working.

### **How long do you wear the monitor?**

You will wear the monitor for 24 hours. It is important that you wear the monitor a full day at school, so the doctor can see your blood pressures during your normal activities. No contact sports or serious rough play are allowed while wearing the monitor.

### **What should you do when you hear the beep on the monitor?**

The beep means the monitor is getting ready to take a blood pressure. At this time, stop what you are doing and avoid any unnecessary movement. When the reading is completed, the blood pressure cuff will deflate. You may resume your activity at this time.

### **Why do I need to keep an activity log?**

Your doctor will use the attached activity log to interpret your blood pressure readings. Make sure you write down when you went to bed and when you got up. Your doctor also needs to know if you are taking any medications, especially blood pressure medications.

### **Can you shower or bathe while wearing the monitor?**

To take a shower or bath, have an adult remove the blood pressure cuff between cuff inflations. Limit your shower/bath to 15 minutes. When placing the cuff back on, make sure to align the cuff with the arrow pointing to the bend in your arm. Make sure the monitor does not get wet.

### **What will you do with the monitor at bedtime?**

At bedtime, place the monitor on the floor or next to the bed, on the same side as the arm on which you are wearing the cuff. Check to make sure the hose is tightly connected to the monitor and still in the proper position.

### **What will you do when the time is finished?**

When the study is completed, have an adult remove the blood pressure cuff, open the monitor case and switch the monitor off. Replace the monitor in the case. Return the monitor to the Nephrology Clinic at the time discussed with your nurse. It is important that you return the monitor in a timely manner so we can read the results and use the monitor for other patients.

### **How will you get the study results?**

The nurse will transfer the information from the monitor to a computer. Your doctor will review these results and make recommendations for treatment, as needed. The doctor or nurse will call you with the results within two weeks.

If you have any questions or problems, please contact the Mary Bridge Nephrology Clinic at (253) 403-3131.



Mary Bridge Nephrology Clinic