



# Patient Information Sheet

## 24-Hour Blood Pressure Monitor

### An appointment is necessary for this test

**\*Please note this test is non rebatable from Medicare and costs \$60**

#### What to expect from a 24 hour Blood Pressure Monitor

- The 24 hour blood pressure monitor is a lightweight computer that measures blood pressure and pulse; it is connected to a Blood Pressure Cuff by a long hose normally worn under your clothes.

#### Preparing for the procedure

- Shower before you attend. The monitor remains on for approx. 24 hours. You will be unable to shower while the monitor is connected.
- Patients are advised to wear loose clothing and a belt.
- Although you want the 24hr period to resemble a normal day you cannot play sport or swim.

#### Wearing the 24HBPM

- The blood Pressure Cuff beeps and then an internal pump inflates the cuff approximately every 30 minutes on the half hour during the day and then every hour on the hour overnights starting at 10pm.
- The procedure is not painful; however you may experience tightness in your arm as the cuff inflates. It takes approximately 40 seconds for the cuff to inflate. If the cuff is unable to inflate it may attempt to do it again in a few minutes.
- It is important to keep your arm still and relaxed by your side when the cuff is pumping up.
- Please do not remove the monitor from the carry case or get the device wet. The computer is fragile and will need repair if it is dropped and you may be responsible for the repair costs.
- You will need to return to the collection centre after 24 hours to have the monitor removed.

If you have any concerns or enquiries, please contact the collection centre during business hours.

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For further information or to make an appointment, please contact your nearest Collection Centre

Updated Collection Centre details may be found:

- On the reverse of your request form
- Website: [www.capitalpath.com.au](http://www.capitalpath.com.au)
- Phone: 02 6285 9800