

## WARNING

- Do not remove the cuff unless it comes off on its own
- Do not get it wet
- Make sure that the device is securely attached so that it doesn't fall off

## Why have I been given a diary?

The **diary** is used to write down events that may affect your blood pressure, and to explain any major or unexpected fluctuations in your blood pressure readings.

Please indicate:

- What time you go to bed and what time you wake up
- What time you take your medication

You can also indicate what time any specific events took place, for instance:

- If you do not feel well (headache, symptoms of low blood pressure, dizziness, pain, etc.)
- Strenuous physical exercise
- Intense emotion or stress

## About the results

The results obtained with the ABPM will be analysed in order to **identify** the presence of hypertension.

**Mean normal values** for daytime ABPM should be **less than 135/85 mmHg**,

whereas mean normal values for the 24 hour period should be **inferior to 130/80 mm Hg**.

PLEASE RETURN THE DEVICE TO:

Name of health professional:

Telephone number: \_\_\_\_\_

Time returned: \_\_\_\_\_

For more information about high blood pressure:  
**[WWW.HYPERTENSION.QC.CA/INFOPATIENTS](http://WWW.HYPERTENSION.QC.CA/INFOPATIENTS)**

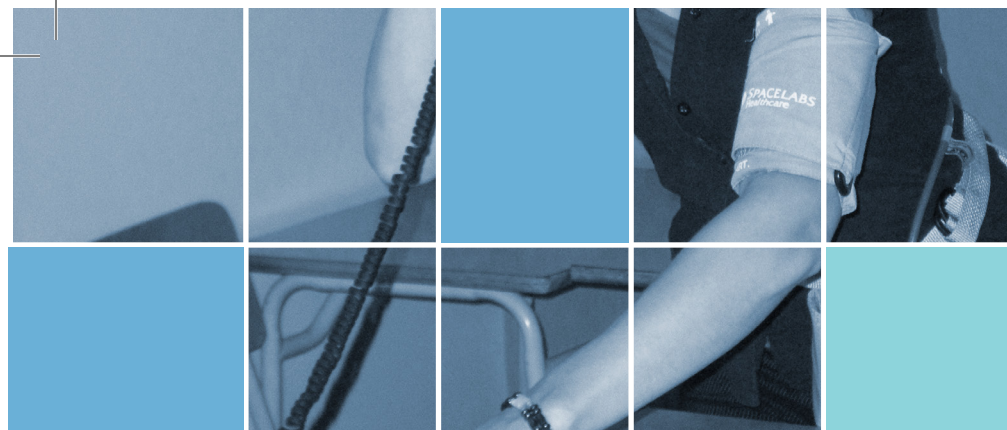
An initiative of members of the Société québécoise d'hypertension artérielle

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# ABPM

## Ambulatory Blood Pressure Monitoring





### What is ABPM?

ABPM stands for **ambulatory blood pressure monitoring**.

The device monitors your blood pressure as you go about your day to day activities and allows health professionals to check your blood pressure readings at different times of day and night.

### What is the purpose of ABPM?

It is normal for your blood pressure to vary depending on your daily activities and life experiences.

Repeated measurements of your blood pressure over a 24-hour period with ABPM show these fluctuations and:

- provide a more accurate picture of your actual blood pressure levels
- produce an **average** of your blood pressure

Blood pressure readings taken at the clinic by your doctor or nurse, or at the pharmacy, are also very important. Sometimes, though, just the presence of a health professional can affect your blood pressure readings.

ABPM can provide more accurate blood pressure measurements.

- It is very important to **carry on with your normal routine** during this test.

### What does the test involve?

You will wear a small device on your belt (or on a shoulder strap) that is connected to a cuff around your arm. This device is programmed to measure your blood pressure at specific intervals, i.e. every 20 to 30 minutes during the day and every 30 minutes at night. The test takes place over 24 hours.

The device will be fitted on you by a health professional, who will turn it on. After that, the cuff automatically inflates to measure your blood pressure at predetermined intervals. There may be a programmed warning beep before the cuff inflates. If the measurement is unsuccessful, there may be a second beep to indicate that the device will try again.

### How should I prepare for this test?

You should wear:

- Clothes with short, loose sleeves
- Pants or a skirt with a belt or waistband (so that the device can be attached)



### What should I do when the device is measuring my blood pressure?

To make sure that the test results are valid and reliable:

- Keep your arm relaxed and still while your blood pressure is being measured
- Avoid strenuous physical exertion during BP measurement
- Avoid long car rides

At night:

- Place the device in the middle of the bed so that it won't fall off onto the floor
- Roll the device in a bath towel to keep the noise level down and to help you sleep
- If you have to get up during the night, carry the device with you and be careful not to drop it

**If the cuff comes off or if you have to remove it for some reason:**

Reposition the cuff as indicated in the photo

