



| |
|-----------------------------|
| Patient Instructions |
|-----------------------------|

| |
|---------------------------------------|
| 24 Hour Blood Pressure Testing |
|---------------------------------------|

Your health care provider has requested a 24 hour Ambulatory Blood Pressure test. In order to monitor your blood pressure activity and obtain a meaningful result, the recorder must be worn for up to 24 hours and the instructions must be followed.

Note: this test is not covered by the provincial health plan (MSP), however it may be covered by some extended health plans.

An appointment is required. If you are late for your appointment this may result in rescheduling your appointment at later time or date.

To schedule an appointment, contact the LifeLabs Appointment Desk at **1-855-412-4495**.

The following information will be asked for:

- Patient name Daytime Phone Number Address or location

Preparing for the procedure:

1. Bathe or shower.
2. Wear a loose fitting short sleeved top. The monitor will be worn underneath the top.
3. Bring the LifeLabs requisition with you to your appointment.
4. Note: wearing the monitor may be distracting and feel uncomfortable therefore a restful night's sleep may not be possible.

Procedure:

A blood pressure cuff will be placed on your arm and attached to a recorder. Blood pressure measurements will be recorded every 30 minutes throughout the day and every 60 minutes during the night.

An activity diary will be provided which must be completed.

Wearing the Ambulatory Blood Pressure Monitor:

1. Maintain normal/ routine activities **except** showering/bathing and vigorous exercise.
2. Record the following information into the Patient Diary:
 - Daily activity and the time the activity occurred
 - Document symptoms
 - Example: dizziness, pain, pressure, shortness of breath etc.
3. Note: It is very important to schedule your time accordingly to ensure that the monitor is returned to the same LifeLabs Patient Service Centre no later than 23 hours after the monitor was activated. If you are late, a late fee may apply.