

## WHAT KIND OF EQUIPMENT IS USED AND WHAT DOES IT MEASURE?

LifeLabs uses a lightweight, small and quiet blood pressure monitor with 100% latex-free cuffs. The equipment meets industry standards for quality, health and safety. It provides the same measurement as regular in-office and manual blood pressure monitors.

## IS THERE A CHARGE FOR THE TEST?

Ambulatory blood pressure monitoring (ABPM) is not covered by the medical services plan (MSP), but may be covered by your extended health plan. Call us to obtain the information on the fee for this test. The fee must be paid at the time you visit LifeLabs to set up the equipment for testing.

## HOW DO I PAY FOR THE SERVICE?

Payment may be made by Visa, MasterCard, debit, cash or cheque. The fee is collected when you come to our PSC to have the monitor set up.

## CAN I GET REIMBURSED BY MY INSURER?

ABPM may be covered by your extended health plan, so check with your provider if you are eligible for the reimbursement.

## HOW DO I GET MY RESULTS?

ABPM results are sent directly to your healthcare provider. It is recommended that you make an appointment to go over the results with your healthcare provider.

LifeLabs is a Canadian company with over 50 years of experience serving the healthcare needs of Canadians.

Our laboratory testing services help physicians and other healthcare providers in the prevention, diagnosis, treatment and monitoring of disease and illness in patients. Our tests help to:

- Determine health risks and preventive steps;
- Diagnose and detect the onset of disease;
- Identify suitable treatments and reactions; and
- Monitor and adjust treatments as required.

We also offer other tests to evaluate hypertension, such as lipid assessment, ECG, glucose measurement, and measurement of potassium, sodium and creatinine, among others.

We care about helping patients and physicians and we use our knowledge of laboratory medicine to help identify the right course of action to improve healthcare outcomes.

### For more information please contact LifeLabs:

- toll free at 1-855-412-4495
- email [specialtyservices@lifelabs.com](mailto:specialtyservices@lifelabs.com)
- or visit our website at [www.lifelabs.com](http://www.lifelabs.com)



## 24-Hour Blood Pressure Monitoring

### A Test to Record Blood Pressure Measurements in Daily Life

LifeLabs Medical Laboratory Services offers a test to confirm blood pressure measurement.

## WHAT IS 24-HOUR BLOOD PRESSURE MONITORING?

Also called “ambulatory” blood pressure monitoring (ABPM), this test is as it sounds. Blood pressure is measured over approximately 24 hours to provide a more complete picture of your blood pressure. Patients wear a special blood pressure cuff that measures and records their blood pressure every 30 minutes (less frequently overnight, e.g. once per hour).

## WHAT ARE THE BENEFITS OF AMBULATORY BLOOD PRESSURE MONITORING?

A record of your blood pressure over a certain period of time can provide a more reliable measurement than one-off readings. This is particularly true for patients whose blood pressure rises due to anxiety when visiting their healthcare provider.

Studies have shown that increased blood pressure readings on ABPM are more strongly correlated to organ damage than one-off measurements.

In addition, ABPM can help monitor patient response to hypertension treatment.

**“ABPM will confirm if there is high blood pressure and can help monitor your response to hypertension treatment.”**

## WHEN SHOULD AMBULATORY BLOOD PRESSURE MONITORING BE DONE?

Any patient with persistently raised blood pressure readings or readings that are dramatically different at each measurement should be considered for ABPM. Those who suspect poorly controlled hypertension or, conversely, high blood pressure readings in the medical setting that are normal when at home should consider ABPM.

## HOW DO I GET TESTED?

Speak with your healthcare provider about whether ABPM is right for you. If it is, your healthcare provider will give you an outpatient lab requisition for the test.

Contact LifeLabs to schedule an appointment at one of our Patient Service Centres (PSCs) that provide ABPM:

- **Lower Mainland:** 604-412-4495
- **Toll free:** 1-855-412-4495

## HOW IS THIS TEST PERFORMED?

When you visit the LifeLabs’ PSC for your scheduled appointment, our staff will provide you with the 24-hour blood pressure monitor. They will set it up and provide you with an overview of the test. Once ready, you can go about your day as usual, keeping a diary of what you were doing at the time of the reading. The cuff will inflate periodically on its own, which means it is taking a blood pressure reading. After you return the monitor to our PSC a report will be sent to your healthcare provider with the results.

## HOW CAN I ENSURE THIS TEST IS EFFECTIVE AND PROVIDES QUALITY RESULTS?

This test is meant to measure your blood pressure in a natural setting, as you perform normal activities. However, there are some steps you can take to ensure the test is effective. Wear a short sleeved shirt or blouse to the test. When the cuff is inflating and taking a reading, try to limit your movement and sit down, if possible. The cuff should be at the same level as your heart and try to keep your arm steady.

Some individuals are sensitive to the pressure of the cuff inflating. This should be discussed with your healthcare provider when deciding if ABPM is right for you.

