



430 The Boardwalk, Suite 206
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Ambulatory Blood Pressure Monitor

An ambulatory blood pressure monitor is a device that records the body's blood pressure. The monitor is usually worn for approximately 24 hours during normal activity.

Please note this test is not covered by OHIP. A fee of \$60 is charged for this test.

How the test is performed

A blood pressure cuff is put around the upper arm. The cuff is attached to a device that inflates the device every half an hour during the day and every hour through the night. The device records the pressures.

After approximately 24 hours, you will return the monitor to 430 The Boardwalk, Suite 206.

The recordings are downloaded and a report is sent to your doctor.

While wearing the device, avoid:

- Electric blankets
- High-voltage areas
- Magnets
- Metal detectors

(Note, You may be asked to remove the device should you be going for other testing such as an MRI, Nuclear Medicine, CT Scan or X-ray.)

Continue your normal activities while wearing the monitor.

The monitor **cannot** get wet, so no showering, bathing or swimming while wearing the monitor.

The monitor is a sensitive piece of medical equipment, so please no tampering with the device.



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How to Prepare for the Test

There is no special preparation for the test. Our technologist will attach and start the monitor. You may wish to wear a loose fitting or short sleeve shirt so the cuff will feel comfortable underneath your clothes.

Make sure you shower or bathe before you start the test. You will not be able to do so while you are wearing the blood pressure monitor.

How the Test Will Feel

This is a painless test. However, some people may find the pressure of the cuff uncomfortable.

The monitor continues to take recordings through the night. This may make it hard for you to sleep.

Why the Test is Performed

Blood pressure monitoring is used to determine the body's blood pressure over a course of time. It can be helpful to diagnosis:

- Hypertension (High blood pressure)
- White coat syndrome
- Effects of medical treatment for high blood pressure