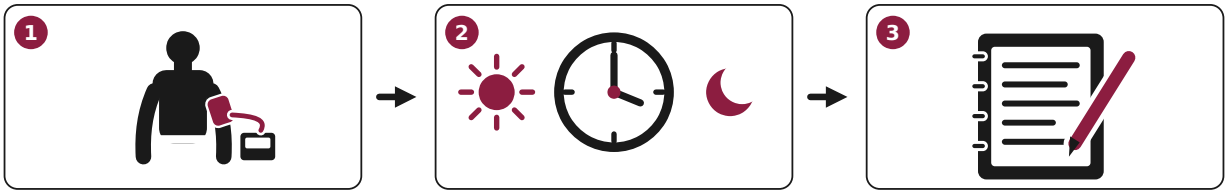
IMCare
MEDICAL SPECIALISTS

24-Hour Blood Pressure Monitor (ABPM)

Your blood pressure through a normal day and night

An ambulatory blood pressure monitor (ABPM) is a small recorder you wear on a belt, with a **cuff on your upper arm**. It checks your blood pressure **on its own, all day and while you sleep**, for 24 hours. It shows your **real blood pressure in daily life**, not just at the clinic.



Cuff and monitor → **Readings day and night** → **Write in your diary**

My test: Date _____ Time _____ **Return the monitor:** Date _____ Time _____

Why do I need this test?

- To find out if you **really have high blood pressure**
- **"White-coat" blood pressure:** high only at the clinic
- To check for low blood pressure if you feel **dizzy or faint**
- **Hidden high blood pressure:** normal at the clinic, high at home or at night
- To see if your **medicines** work day and night

How do I prepare?

- **Shower before you come.** Wear a **loose shirt** with loose or short sleeves.
- Eat and take your medicines **as usual**. Bring your **medicine list**.

While you wear the monitor

- The cuff squeezes your arm about every **20 to 30 minutes** in the day and every **30 to 60 minutes** at night.
- When it squeezes, **stop and keep your arm still**, relaxed and at heart level. Do not talk.
- Do your **normal activities**. No hard exercise. **Keep it dry.**
- **Sleep with it on.** Do not take the cuff off. If it slips, slide it back.
- **Diary:** write the time you go to bed, wake up and take medicines, and any symptoms, such as dizziness.

Take the cuff off and call us if your arm goes numb, gets very painful or swollen, or changes colour. Mild redness or a small bruise under the cuff is normal.
The monitor does not call for help. Call **911** for chest pain, trouble breathing or signs of a stroke.

After the test

- Return the **monitor, cuff and diary** on time. A heart specialist reviews your average awake and asleep blood pressure. A report goes to the doctor or nurse practitioner who ordered the test, who will go over it with you.

Questions? Call **IMCare at 289-207-8101**.
Send a secure message: www.imcare.ca/securemessage
Or **scan the code** with your phone camera to send us a secure message.

Secure message