



24-HR BLOOD PRESSURE INSTRUCTIONS

Regular blood pressure checks can miss highs and lows that happen throughout the day. Wearing a monitor for 24 hours gives doctors a clearer picture of your overall blood pressure health.

THIS TEST IS NOT COVERED BY MSP and has a **FEE OF \$50** due on the day of the initial appointment.

TO PREPARE:

- Wear loose comfortable clothing and consider items that have a belt or pocket to carry the pumping machine. Otherwise bring a purse or bag to carry it in.
- Plan a normal day, please do not cancel any activities.
- Any extra medications that day include in your diary.

INSTRUCTIONS:

- The cuff and machine will check blood pressure every 20 minutes during the day (6 AM to 10 PM) and every hour during the night (10 PM to 6 AM).
- The machine will keep a record. The machine will only show the readings for the first few times and then it will only show you the time.
- You should leave it on for 24 hours.
- Initially, the machine will try to pump in more air to bring pressure in the cuff much higher than your blood pressure and your arm might be uncomfortable. If your blood pressure is in normal range, the machine will pump less pressure.
- DURING THE DAY the machine will beep, giving you a 5 second warning, before starting to check blood pressure but not during the night.
- When you hear a beep, relax your arm so that the machine can get an accurate reading. If it cannot get the reading, the machine will try again in one minute. Check the hose and stay extra still for the second attempt.
- DURING THE NIGHT the machine will not beep, please put it next to your pillow.

KEEPING A DIARY:

Sleep Pattern	Bedtime	
	Fall Asleep	
	Wake Up	
	Get Out of Bed	
Time	Symptom (include wakefulness at night)	Activity