

The 24-hour Blood Pressure Monitor: Guidelines for Patients

How often will the monitor measure my blood pressure?

- During the daytime hours the monitor will measure your blood pressure about every 30 minutes.
- Between 10 PM and 6 AM the monitor will measure your blood pressure about every 60 minutes.

Inform the Medical Assistant if you will be asleep during the day and awake at night.

What are my instructions while wearing the monitor?

- Wear the monitor for 24 hours.
- Do not take the monitor off at bedtime.
- Avoid getting the monitor wet. Do not take a shower, bath or swim while wearing the monitor.
- Use the attached diary to write down the time, your position (sitting, standing, and laying) and activity every time the monitor takes a measurement while you are awake. You do not need to write anything in the diary while you are sleeping.

You **will not see** the blood pressure readings on the monitor. You may see “----“ after the blood pressure measurement. Please be assured that the monitor is still recording your blood pressure even if you do not see the measurements.

- Write down in the diary the time you went to bed and the time you get up in the morning.
- Remove the monitor on _____@_____AM/PM

What do I need to do after the 24 hours are over?

- Remove the monitor from the pouch and turn monitor off. The switch is located on the bottom of the monitor.
- Return the monitor **as soon as possible** to the Cardiovascular Medicine Clinic at Domino's Farms, Lobby A.

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