

# The 24-hour Blood Pressure Monitor: Guidelines for Patients

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## 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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