

24 小时血压监测器:病患指南

The 24-hour Blood Pressure Monitor: Guidelines for Patients (Chinese – Mandarin, Cantonese, and Other Dialects)

监测器测量我的血压有多频繁？

How often will the monitor measure my blood pressure?

- 白天时，监测器大约每 30 分钟测量一次您的血压。During the daytime hours the monitor will measure your blood pressure about every 30 minutes.
- 在晚上 10 点到上午 6 点之间，监测器大约每 60 分钟测量一次您的血压。Between 10 PM and 6 AM the monitor will measure your blood pressure about every 60 minutes.
- 若您将会是白天睡觉晚上清醒，请告知医疗助理。Inform the Medical Assistant if you will be asleep during the day and awake at night.

佩戴监测器时要注意哪些事项？

What are my instructions while wearing the monitor?

- 监测器要持续佩戴 24 小时。Wear the monitor for 24 hours.
- 上床睡觉时不可拿掉监测器。Do not take the monitor off at bedtime.
- 避免将监测器弄湿。戴着监测器时不可淋浴、泡澡、或游泳。Avoid getting the monitor wet. Do not take a shower, bath or swim while wearing the monitor.
- 在您觉醒时，当每次监测器进行测量时，请利用附上的日志记录下当时的时间、您的姿势位置（坐着、站立、或躺下）、和当时的活动。在您睡觉时，您不必记录日志。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.

您将不会在监测器上看到血压读数。每次血压测量完后，您可能会看到“ - --- ”。请放心，虽然您看不到测量的数值，但监测器仍照常记录着您的血压。 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.

- 在日志上写下您上床睡觉的时间和早上起床的时间。 Write down in the diary the time you went to bed and the time you get up in the morning.
- 拿下监测器的日期与时间：于 _____（日期） _____（时间）上午/下午
Remove the monitor on _____ @ _____ AM/PM

24 小时结束后，我必须做些什么？

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

- 将监测器从袋里拿出来并把监测器关掉。开关位于监测器的下方。 Remove the monitor from the pouch and turn monitor off. The switch is located on the bottom of the monitor.
- 尽快将监测器交还到位于多美诺农场 A 厅的心血管内科诊所。 Return the monitor **as soon as possible** to the Cardiovascular Medicine Clinic at Domino's Farms, Lobby A.

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