

24 Hour Blood Pressure Monitor Guide

A 24-hour blood pressure monitor checks your blood pressure throughout the day and while you sleep. Some reasons we may order this test include:

- **White coat syndrome:** Blood pressure goes up in medical settings due to stress but is normal at home.
- **Blood pressure medicine:** We check if your blood pressure medicine is working.

How to Wear

The monitor has a cuff, tubing, and a small device that records your readings. The monitor should be worn on the upper right arm (over the biceps muscle) unless you are told otherwise. Someone from your care team will place the monitor on you in the clinic. You will wear it for 24 hours. We will show you how to place the monitor, adjust it, and arrange the monitor in clinic.

You will wear this for 24 hours. You do not need to write down your blood pressure since it is being tracked with the device. It will check your blood pressure every 20 minutes while you are awake and every 30 minutes while you sleep.

You cannot change the monitor settings. Pressing buttons or removing the monitor will not reset it. Only the clinic can change settings by plugging it into a computer.

After 24 hours, take off the cuff and remove the batteries. This prevents the device from taking more readings. Return the monitor, cuff, and log within one week.

Activity Log

Write down when you remove the monitor or do something that raises blood pressure (like playing basketball or video games).

You do not need to log meals or normal walking.

If your sleep schedule changes, note the new times in the log.

Technical Issues

The test may not work for different reasons. We will teach you how to fix common problems when in clinic. Most problems can be fixed by adjusting the cuff or arm and letting the monitor try again. If needed, take off the cuff and put it back on. If the monitor still does not work after you try these steps, call the clinic and ask for a nurse.

Error Code or Interval Failure

This is the most common issue and is likely to happen while wearing. If the monitor shows an error or does not check at the right time:

- Make sure the tubing is connected to the cuff and monitor.
- Check that the cuff is snug but not too tight or loose.
- Make sure the cuff lies flat on your arm.
- Check that the tubing is not bent or kinked, especially near the armpit.

Cuff Pressure

If the cuff fills with air but does not release and feels uncomfortable:

- Relax your arm and let it hang down.
- If the cuff still does not release air, take it off, let the air out, write it in the log, and put the cuff back on.
- If this happens often or causes pain, remove the cuff and call the clinic.

Blank Monitor Screen

If the screen is blank and the monitor is not taking readings:

- Press the big round button to start a reading.
- If nothing happens, check the batteries.
- If the batteries are fine and it still does not work, call the clinic.
- If the cuff fills with air and releases without an error message, the monitor is working.

Activity Restrictions

Do not wear the monitor during sports, travel, or events where it could get damaged. If the monitor is damaged or not returned, you may be charged \$4,000. Pick another day if needed.

The monitor is not waterproof. Remove it for bathing or changing clothes. Put it back on as soon as you can. Remove it if it causes pain or skin problems and call the clinic.

Returning Equipment

The monitor, cuff, and activity log need to be returned within 1 week after placement. If it is not returned, you will be charged \$4000 as outlined in the agreement that was signed when the device was placed.

Test Results

Results can take up to 6 weeks. We upload the readings, review your log, and a provider interprets the results. Call us if you have questions or do not hear from us in 6 weeks.