



## **AMBULATORY BLOOD PRESSURE MONITOR**

### **(ABPM, 24-hour blood pressure monitor)**

#### **GENERAL INFORMATION**

An ambulatory blood pressure monitor is a portable blood pressure recording device. It is used to record blood pressure readings at specified times during a 24-hour period. The monitor consists of an arm cuff attached by a flexible rubber tube to a light-weight monitor. The monitor sits in a pouch held by a waist belt or shoulder strap. The test is typically ordered if a diagnosis of high blood pressure (hypertension) is suspected.

A one-time blood pressure reading in a doctor's office or clinic setting may not be enough to confirm whether or not your blood pressure is too high, or possibly too low. If your physician suspects that you have blood pressure problems, he or she may refer you for ambulatory blood pressure monitoring.

An ambulatory blood pressure monitor is a non-invasive blood pressure device that you will wear for 24 hours. At regular intervals, usually every 20-30 minutes during the day and every hour during the night, your blood pressure is measured and recorded while you are going about your everyday activities.

Once the 24-hour period is complete, the cuff and monitor are returned to Sprucewood Pharmacy to be downloaded and sent to your doctor.

#### **PROCEDURE**

This test is not covered by Saskatchewan or Alberta Health. There is a fee of \$125.00 payable at the time of the appointment.


Once your doctor has sent the referral, Sprucewood Pharmacy will contact you directly to book an appointment. Please make sure that your information is accurate.

Set up of the monitor will be done at Sprucewood Pharmacy, 2-5114 46 Street, Lloydminster Alberta. At the end of the monitoring period, you will return the equipment to the same location.

 (780) 875-7283

 (780) 875-3765

 [info@sprucewoodpharmacy.com](mailto:info@sprucewoodpharmacy.com)

 Central Plaza #2, 5114 46 Street  
Lloydminster, AB T9V 0C6



You will wear the monitor for 24-hours. Unless otherwise programmed, the arm cuff inflates every 20 minutes until 10:00 p.m. and every hour afterwards until 6:00 a.m.

If you feel symptoms such as dizziness, headache, or facial flushing or if you feel our heart starting to beat rapidly, you will be instructed to press a button on the monitor to take a manual blood pressure reading.

**You will be asked to keep a diary of:**

- Your symptoms
- Events such as vigorous activity
- Any stressful episodes
- The times and dosage of any prescription medication you are currently taking
- The time you go to sleep throughout the monitoring period

**PATIENT INSTRUCTIONS**

If you have not heard from Sprucewood Pharmacy within a week of your doctor sending the referral, please contact the Pharmacy at 780-875-7283.

Please bring your valid health care card to the appointment.

It is important to inform us if you are a shift worker so that we can correctly program the timing of the measurements on the monitor.

If you have had a mastectomy or are on permanent hemodialysis, inform the fitter; this will influence the positioning of the arm cuff.


**RETURNING THE EQUIPMENT**

**Return the equipment to Sprucewood Pharmacy, 5114 46 Street Lloydminster Alberta (the same location where you picked it up). Be sure to bring the monitor and cuff back at the specified time as other patients are waiting.**

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