



## PATIENT AMBULATORY GUIDE

### Wearing home an Ambulatory Blood Pressure Monitor

- **DO NOT REMOVE THE DEVICE UNLESS INSTRUCTED TO DO SO.**  
If removed, placing it back in the proper positioning is important for comfort and the device's ability to take an appropriate blood pressure reading.
- The cuff will be placed on your arm by a fitter at Sprucewood Pharmacy. It will be placed 2 inches above your elbow with room to fit two fingers between the cuff and skin. The arrow on the cuff indicates proper placement on the arm.
- The cuff works best when placed on the bare skin, though it can be placed over a thin shirt (no sweaters).
- **WEAR FOR 24 HOURS**  
unless instructed to wear it longer.
- The cuff should be worn with the tubing upward and over the neck area, where it can be concealed, ensuring the tubing is not kinked or compressed.
- The unit can be placed in a shirt pocket, clipped to pants or worn in the provided pouch.
- **DO NOT** touch the on/off button unless instructed to do so.
- If feeling nauseous or dizzy or experience any other unusual symptoms, depress the small **BLUE BUTTON** and an additional reading will be taken. Log the time, how you were feeling and activity you were doing at the time.
- **DO NOT WEAR IN THE SHOWER OR BATHTUB. NO WATER SHOULD EVER BE IN CONTACT WITH THE UNIT.**
- **THE DEVICE WILL BEEP JUST BEFORE IT TAKES A BLOOD PRESSURE READING - STAND STILL, LET YOUR ARM HANG AND DO NOT TALK OR MOVE UNTIL THE DEVICE IS FINISHED TAKING THE BLOOD PRESSURE READING.**

#### ADDITIONAL INFORMATION:

The device will not display the blood pressure readings.

The device will take 3 readings per hour, every 20 minutes or 2 readings per hour, every 30 minutes (depending on how the device is programmed).

If working shift work (nights) inform the Sprucewood Pharmacy fitter. They will adjust the monitor to reflect your sleeping patterns.

At night, the sound will be turned off to prevent disruption of sleep.

When sleeping, place the tubing up and under the pillow so it does not get tangled.



#### KEEP A DIARY

- Record your symptoms.
- Document events such as vigorous activity.
- Record any stressful episodes.
- Record any times and dosages of any prescription medication you are currently taking.
- Document the time you go to sleep throughout the monitoring period.