



# INFORMATION SHEET

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## BLOOD PRESSURE MONITOR

### BLOOD PRESSURE MONITOR EXPLAINED

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A monitor which detects and records your blood pressure over a 24 hours period.

### PLEASE ADVISE US BEFOREHAND

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You need to remain still at regular intervals during the 24 hour monitored period. Please advise us at the time of booking if this is not possible e.g. a very physical job or continuous driving. Please also advise us if you are a night shift worker.

### PREPARATION

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Please bring to your appointment:

- Your referral and Medicare, Pension and/or Health Care Cards
- A list of your current medication.

Shower beforehand as you will not be able to shower again until the monitor is removed in 24 hours.

Wear a two piece outfit with a looser sleeved top if possible.

You will need to return the following day to have the monitor removed.

### WHAT HAPPENS DURING THE PROCEDURE

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A blood pressure cuff will be placed on your arm which is attached by tubing to a monitor and worn in a case on a belt around your waist. You may return home or to work and resume most of your usual activities while wearing the monitor. You cannot shower while wearing the monitor. The cuff will inflate automatically every half hour through the day and hourly overnight and blood pressure readings will be recorded. You need to remain as still as possible while the readings are taken (approx. 1 minute).

### HOW LONG DOES IT TAKE

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Approximately 20 minutes to fit the monitor, however the monitor is worn for 24 hours.

### AFTER THE EXAMINATION

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You will return the following day to have the monitor removed. You may then resume your normal activities.

### YOUR IMAGES AND REPORT

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A report will be sent to your referring doctor. PRP will store an electronic copy of your blood pressure readings in our secure database for comparison with any future studies.

It is very important you return to your doctor to discuss your examination results.