

Ambulatory Blood Pressure



This test requires you to wear a portable blood pressure machine. The machine takes your blood pressure over a 24 hour period, throughout day and night, while you go about your usual activities. The machine's computer stores the readings and the results are reviewed by Diagnostic Cardiology and sent to your doctor.

Note: This test is not covered by Medicare

There is an out of pocket cost involved with this test, payable on the day of your appointment.

Pension Holder: \$25.00

Non-Pension Holder: \$40.00

What do I expect of the test?

This test is performed in the Diagnostic Cardiology Department, Clinic C- Level 1 of the Bendigo Hospital.

The portable blood pressure machine is worn in a pouch around your neck, with a cuff that is attached to your upper arm. The machine is programmed to inflate the cuff, take your blood pressure and release the air in cuff over a 24 hour period throughout the day and night. The machine records the results, which are then analyzed by the Cardiology department.

The Blood Pressure Monitors are fitted by a Cardiac Technologist and fitting takes 10- 20 minutes. The technician will ask you to keep a diary recording symptoms you might experience while wearing the blood pressure machine.

Why do I need an Ambulatory Blood Pressure monitor?

The ambulatory Blood pressure machine measures blood pressure in patients who might have variable blood pressure and can give a clear picture of how your blood pressure changes over the course of a day.

Important information:

Preparation: You should wear loose fitting clothes, especially around the upper arm. You are not required to undress fully. If possible, wear a blouse or shirt with buttons at the front.

Important information:

During the 24 hr BP monitoring:

- Carry out your normal daily activities, wearing the monitor until the arranged time.
- The monitor is **not** waterproof so you **are not able to shower, bathe or swim** during the 24 hours.
- The monitor will take your blood pressure every half hour during the day until 10pm and then every hour overnight until 6am.
- When the monitor takes your blood pressure you will feel the cuff tighten around your arm. Please keep your arm still and straight until the cuff loosens. It will take up to 30 seconds to record a reading.
- If the monitor is unable to detect an adequate reading in the initial reading it will re-inflate a few minutes later. This may be due to the arm cuff moving, or your arm not remaining still. **CHECK** that the arrow on the cuff is pointing to the mark on your arm made by the technicians. If it isn't, get someone to move the cuff to the correct position. **REMEMBER** to keep your arm still once the cuff tightens.
- The monitor will not show any results whilst you are wearing it
- Please fill out the diary sheet with the time you go to bed, the time you get up and list any medications and their times taken whilst wearing the monitor. Also record any symptoms you feel while the monitor is connected, and the time they occur, *eg. 10am Chest pain and shortness of breath.*

After the 24 hour monitoring:

- You will be instructed to remove the monitor after 24 hours.
- **It is most important to return the monitor at the time arranged as we only have a limited number of monitors. If it is returned late, someone else's appointment will have to be cancelled.**
- **The monitor and diary must be returned to the Information Desk, at the Ground floor of the Bendigo Hospital (enter from Mercy Street Entrance).**

When does my Doctor get my result?

A report with the results of your test will be written and sent to your referring doctor in 10 working days from the date of your test.

If you have any further questions about your Blood Pressure monitor, please discuss with your GP or phone the [Diagnostic Cardiology Department on 5454 8017](#)

AMBULATORY BLOOD PRESSURE DIARY

Name: _____

UR: _____

Address: _____

D.O.B. _____

Doctor - _____

- _____

Return to CLINIC C- Level 1
Diagnostic Cardiology

Date: _____
Time: _____

BED- time	
WAKE- time	

MEDICATION	DATE/ TIME

TIME OF EVENT	ACTIVITY	SYMPTOMS

Return this diary with your Blood Pressure monitor

References:

- MonashHeart.org.au
- Heartfoundation.org.au
- bendigohealth.org.au

Patient notes:

Diagnostic Cardiology (Clinic C- Bendigo Hospital) | 25/11/2020 (Review by 25/11/2023)



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