



What is an Ambulatory Blood Pressure Monitor (BP Monitor)?

A BP Monitor is a small, battery operated device worn on a belt around your waist and attached to a blood pressure cuff around your upper arm. The device is programmed to automatically measure your blood pressure every 20 to 30 minutes over a 24 hour period, during normal day to day activities including sleep.

How do I prepare for the Blood Pressure Monitor?

There are no special preparations for this test however you will need to wear the device for 24 hours and you are unable to shower or swim during this period to ensure the device does not get wet.

You will need to allow 10 to 15 minutes for the device to be fitted and a further 5 to 10 minutes to have the device removed the following day at the same time.

When will I receive my results?

The test results are usually sent to your referring doctor within one to three days of the device being removed. If you have an appointment with your general practitioner in the few days following your test please let the Nepean Cardiology staff know so we can ensure your test results are forwarded urgently.