

### How do I use the machine?

Keep the following suggestions in mind when using the ambulatory blood pressure monitor:

- Avoid excess arm movement during readings and let nothing press against the cuff during a measurement
- Relax the hand on the cuffed arm, slightly away from the body during a measurement.
- Avoid hand movement or flexing muscles during measurement
- Do not remove the cuff between readings
- Do not take a shower during test (24 hours)

### How do I prepare for the test?

As you are not allowed to shower during the test, a sponge bath is allowed, take a shower on the morning of the test. It is advisable to wear something with a wider sleeve or no sleeve to accommodate the blood pressure cuff.

### When will I get the results?

After removing the machine the data will be uploaded to the computer. The data will then be analyzed by the doctor who will interpret the measurements. This interpretation will be send to the requesting doctor. The results are usually by the requesting doctor two days after the removal of the machine.

### Contact information

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## Ambulatory Blood Pressure Monitor



**SAFETY**  
**HEALTH**  
**SATISFACTION**

*The pillars defining our quality care*

*We Care Together!*



St. Maarten Medical Center

## What is Hypertension?

Another word for hypertension is high blood pressure.

Blood pressure is the force, or pressure, that pushes blood through the blood vessels in your body. In some people, it takes a lot of force. These people have what is called high blood pressure.

Blood pressure is recorded as two numbers separated by a slash, for instance 120/80. The first number is the systolic pressure; it is the pressure in the blood vessels when the heart contracts. The second number is the diastolic pressure; it is the pressure in the blood vessels when the heart relaxes.

Knowing both of your pressure readings can help your doctor decide if you have high blood pressure and if treatment is desired.



## What causes Hypertension?

Kidney and hormone problems can cause hypertension. Most of the time there is no known reason for hypertension. Your doctor can help you find out what might be causing your blood pressure to be high. Some common problems that can lead to hypertension are:

- ◆ A diet high in fat and cholesterol
- ◆ Lack of exercise
- ◆ Being overweight
- ◆ A family history of high blood pressure
- ◆ Tobacco use
- ◆ Stress
- ◆ Some birth control medicines

## Why do I have to control my high blood pressure?

High blood pressure can damage many parts of the body. If you have high blood pressure, you have a higher risk for strokes, heart disease, heart attacks, and kidney failure. Control of your blood pressure can reduce these risks.

You and your doctor will work together to find the best way to lower your blood pressure. Your doctor usually will ask you to change your diet and start exercising more. You may need to lose weight. Often, your doctor will talk to you about taking medicines to lower your blood pressure.

## What is an ambulatory blood pressure monitor?

This is a small machine, about the size of a portable radio, attached to a blood pressure cuff which is worn by the patient during 24 hours. The cuff will be placed on the non-dominant arm and the machine will be placed in a pouch on a belt that goes around the waste.

This machine lets your doctor find out what your blood pressure was on regular intervals throughout the day.

The monitor may help your doctor find out if you are a person who only has high blood pressure in the doctor's office (this is called "white-coat hypertension"). If you have this kind of hypertension, you may not need to take medicine.

## How is the test performed?

It takes approximately 10 to 15 minutes to apply the monitor and blood pressure cuff after which you will be asked to hold on for about 20 minutes until the first measurement is recorded. After this you are allowed to go home with some directions. You will return with the device after 24 hours, the removal of the machine will take less than 5 minutes.