



AMBULATORY BLOOD PRESSURE MONITORING (24HRS)

WHAT IT IS

- ♥ A monitor that periodically records your blood pressure over a 24h period.

PREPARATION AND DURATION

- ♥ There is no preparation for blood pressure monitoring.
A blood pressure monitor hook-up takes approximately 15 minutes.
This test is not covered by OHIP and there is a **\$50.00** fee for the test.

WHAT TO EXPECT

- ♥ A technologist will bring you into the testing room and explain the test. You will be given a Patient Responsibility Form to review and sign in order to take the monitor.

A blood pressure cuff and monitor will be attached to your non-dominant arm. The monitor will record your blood pressure every 30 minutes during the day and every 60min at night.

You cannot shower or bathe for the duration of the testing.

RESULTS

- ♥ The results of the blood pressure monitor will be reviewed and reported by a Cardiologist. The final report will be sent to your family physician.