

24-Hour Blood Pressure Study General Instructions

*Wearing the ambulatory blood pressure monitor:

1. You may perform all of your daily activities while wearing the monitor except,
 - a. you will be unable to take a shower or bath because the monitor cannot get wet;
 - b. and we ask that you do not participate in vigorous exercise such as aerobics, running, or racquetball. Light exercise, such as walking and bicycling are ok.
2. When changing clothes make sure the ECG leads are securely plugged into the gray cable. Please check to make sure that each plug is in the correct color coded position.
3. The blood pressure cuff must fit snugly. If it needs readjustment have someone help so it is placed correctly. The white arrow on the cuff must line up with the microphone on your arm.

*Ambulatory blood pressure monitor measurements:

1. Between 6:00 A.M. and 11:00 P.M. the monitor will take a measurement about every 20 minutes (the intervals are randomized). If possible, keep your arm straight and still, but in a relaxed position, while the blood pressure cuff is inflating and deflating in order to obtain a more accurate reading. Place your hand on your lap if the cuff inflates during driving. At night the unit will take a measurement every 30 minutes.
2. Please complete the diary after each measurement. Enter the time displayed on the monitor and indicate where you are and what you are doing at the time of the reading.
3. You may find that a measurement will be taken about 5 minutes after the previous reading. This is a "retry". The monitor sensed an error when taking the initial reading and will take another measurement. The monitor will retry only once after each reading during the daytime hours.

*Before going to bed:

1. You can take off the belt and lay the recording unit beside you or on a bedside table so it doesn't get in your way while you sleep.
2. STEADY STATE-Just before you turn the lights out lay still for 5 minutes and then press the Start/Stop key on the monitor. The monitor will take a reading. Now turn the lights out. Do the same upon awakening in the morning before you sit up or get out of bed.

*After the 24 Hour monitoring is complete:

1. Turn off the data recording unit (switch on the side of the unit).
2. Remove the blood pressure cuff from the attachment cable and your arm.
3. Remove the microphone and sticky pad from your arm. Please do not pull out the wire.
4. Remove the electrodes and sticky pads together from the chest. Please do not pull them from the wires.
5. Remove the belt, leaving everything else connected.
6. Please complete the study evaluation form. Your comments and suggestions are valued.

*If you have any questions or problems, please call _____