

## 24-HOUR AMBULATORY BLOOD PRESSURE STUDY

### ★ WHY 24-HOUR MONITORING?

Your blood pressure naturally fluctuates throughout the day and may increase under stressful situations. Because of this blood pressure readings are often higher in an office or clinic setting than they are at home. We would like to find out what your average blood pressure is over the course of a usual day by taking many readings throughout a 24-hour period. The information from this study will help us examine the relationship between sleep disordered breathing and high blood pressure.

### ★ WHAT IS THE MONITOR LIKE?

The lightweight (approx. 2.5 lbs) equipment for this study consists of a blood pressure cuff, worn on the arm you use least; a microphone, placed under the cuff to capture pulse sounds; and 3 electrocardiogram (ECG) leads, placed on your chest. These all connect into the same portable monitor, which has a battery-pack and computer card that stores the blood pressure and ECG data. The monitor is about the size of a Walkman radio, and is worn on a belt around your waist. You may use your own belt, or one will be provided. At night the monitor can be removed from the belt and placed beside you.

### ★ WEARING THE MONITOR

Our technician will need approximately 1 hour to place the monitor. Once the cuff, ECG leads, and microphone are in position a practice reading will be done to ensure everything is working properly.

You are asked to keep the monitor on for the following 24 consecutive hours. It will automatically inflate, record your blood pressure, and deflate every 20 minutes during the day and every 30 minutes during the night. You will be given a small diary to fill in as you go through your day so we will know if you are sitting, standing, walking, driving, etc. when the cuff inflates. You may perform all of your usual activities with these two exceptions:

1. You may not take a shower or bath during the 24 hour study because the device cannot get wet.
2. You should refrain from vigorous exercise such as aerobics, running, bowling, etc. Light exercise, such as walking and bicycling, are fine.

### ★ REMOVING THE MONITOR

You will be given instructions on how to remove the monitor once the 24-hour period is over so you won't have to wear the monitor any longer than necessary. A study evaluation form will also be provided for you to complete. To avoid any need for parking, the monitor can be dropped off at the main entrance to UW Hospital. If that is inconvenient for you, the technician will arrange a time and place to pick up the monitor.

### ★ RESULTS

A report will be sent to you detailing the results of the study. It will indicate what your average daytime and nighttime blood pressures and pulse rates were, as well as providing a summary of how your blood pressure changed throughout the 24-hour period.