



Ambulatory Blood Pressure Monitoring (aka 24 hours BP Monitoring) Patient Information

What is Ambulatory Blood Pressure Monitoring?

Ambulatory Blood Pressure Monitoring (ABPM) requires you to carry a small device that monitors your blood pressure over the course of 24-hours. The device measures and records your blood pressure at regular intervals (typically every 30-60 minutes). Recording your blood pressure over a set period can provide a more reliable measurement than one single reading, check the effectiveness of your medication, check for a reduction in your blood pressure over night and help rule out white coat syndrome (high blood pressure only when getting tested)

How can I get tested?

Ambulatory Blood Pressure Monitoring is available at the London Family Health Team at no cost to the patient. Your healthcare provider must refer you to arrange for the testing. You will be contacted by the London Family Health Team with an appointment. The appointment takes 20-30 minutes. You are required to return the machine the next day after your test before 12pm. Appointments are only available on Monday and Wednesday mornings.

How is the test done?

A small, lightweight, and quiet blood pressure monitor with a 100% latex-free cuff is placed on your upper arm. Over 24-hours, the cuff will inflate every 30-60 minutes and take a blood pressure reading. While wearing the monitor you can go about your day as normal, while keeping a diary of what you were doing at the time of the readings. When the monitor is placed on your arm, a London Family Health Team member will set it up and provide you with a complete set of instructions.

Understanding your results

Test results will be provided directly to your healthcare provider for discussion with you. You can request a copy of the report at the initial appointment for your own records. A copy of the report may also be sent to other health care professionals that you are currently seeing ie your cardiologist.