

### **What is Ambulatory Blood Pressure Monitoring?**

Ambulatory Blood Pressure Monitoring helps your doctor determine your cardiac health status. You will need to wear the monitor on your person for a 24 hour period. You will not be able to shower whilst wearing the monitor. The monitor is battery operated and light weight.

### **What happens during Ambulatory Blood Pressure Monitoring?**

- The monitor is pre-programmed to measure and record your blood pressure according to your doctor's orders. This can be as frequent as every 30 minutes during the day, or every hour overnight.
- You may be requested to keep a diary, so that symptoms occurring while pursuing normal activities can be correlated with blood pressure readings and the taking of medications.
- At the end of the monitoring period, the blood pressure monitor is removed and the data collected is downloaded to a computer, which then enables a full report to be forwarded to your doctor.

### **How long does Ambulatory Blood Pressure Monitoring take?**

The fitting of the blood pressure monitor takes ten to fifteen minutes and you will be required to wear the monitor for a 24 hour period. You will therefore be required to return to the Cardiac Centre to have the monitor removed the following day.

### **How much does Ambulatory Blood Pressure Monitoring cost?**

As there is no Medicare rebate payable, there is an out-of-pocket expense for this test.

### **Where is the Calvary Cardiac Centre located?**

The Calvary Cardiac Centre is located on the ground floor of Calvary Hospital (Lenah Valley Campus). Limited parking is available from the western approach to the Hospital.

### **Do you require additional information?**

Our qualified staff at the Calvary Cardiac Centre will be happy to help you.