



Arkansas  
Children's

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# A Guide for 24-Hour Ambulatory Blood Pressure Monitoring

Learn about monitoring options

Guide to wearing a monitor





## IMPORTANT INFORMATION ABOUT YOUR MONITOR

### What do I need to know about the device?

#### What is ambulatory blood pressure monitoring?

Ambulatory blood pressure monitoring is a mobile device that takes your blood pressure.

It is important to wear for the **entire 24 hours**.

#### Why do I need to wear the monitor?

To provide the doctor with your blood pressure readings.

Your doctor may order this if you have different readings in the doctor's office than at home or for other reasons.

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#### The device is a small box with a cuff that connects to the monitor.

- After the first few readings the device **will not show any readings on the screen.**
- The device will take readings **every 20 minutes during the day** and **every 30 minutes at night.**
- Continue your regular daily activities while wearing the monitor.
- While the monitor is taking a reading **avoid movement.** Movement will affect the reading. If the monitor is unable to get a blood pressure reading it will try again.
- Please avoid any heavy exercise - this can affect the readings.
- You will need to take the device off before a shower or bath.
- The cuff will remain on your arm at night while sleeping. The monitor can be placed under your pillow or next to your bed. The tubing will need to be removed from around your neck while sleeping. (see safety notices)

## MONITOR OPTIONS

### Monitor styles

#### Spacelabs Ontrak Monitor 90227

To turn on, press the circle button on the front of the monitor. To start the test, press the circle button again. To turn off, hold the circle button on the monitor down. When it beeps, a message will appear “do you want to switch the unit off?” Use the arrow buttons to highlight “yes” and press the circle button to select.



On/Off

#### Spacelabs Monitor 90217

To turn on, slide the black button on the back of the machine up to on position. To off, slide the black button down. To start the test press the blue button.



On/Off

## HOW TO CHOOSE CORRECT CUFF SIZE

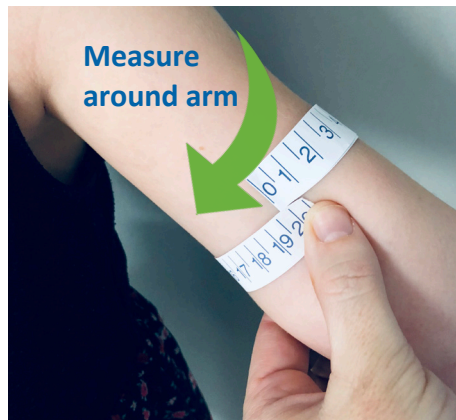
To measure, use the arm you use the least. *(example: if you are right-handed, wear the monitor on your left arm)*

1. Place measuring tape on the bone located at the top of the shoulder going down to the middle of the elbow.
2. Place a mark in the middle of the arm.



**How to choose the correct blood pressure cuff.**

3. From our marking (see above example), measure around the arm.
4. Measure in centimeters (cm).



5. Choose correct cuff size by locating the size on the blood pressure cuff. Cuff sizes are in centimeters (cm).

## HOW TO PUT ON YOUR BLOOD PRESSURE CUFF

How do I put on the blood pressure cuff?

1. Do not place the cuff on the arm used most often.  
*left-handed - place on right arm*  
*right-handed - place on left arm*
2. The tubing should point up.
3. Check the tubing to make sure it is free of any bends or twists.
4. The white arrow should be above the middle of your inner arm.



Tubing pointing up

The white arrow is above the middle of your inner arm.

Connect tubing to device



## WAYS TO WEAR THE MONITOR

### How to wear a monitor.

Option 1:  
Connect to your belt



Option 2:  
Strap with pouch



Option 3:  
In your pocket

## ACTIVITY DIARY

Your diary is very important. This is used to link your activity with your readings.

- Write down the time and what you were doing when the monitor took your blood pressure. You will not need to write anything at night unless you get up at night or have problems sleeping.
- Write down what time you went to sleep and what time you woke up.
- On your diary, write any medications that you took while wearing your monitor.
- **THE ACTIVITY DIARY MUST BE COMPLETED AND RETURNED WITH THE MONITOR**

Name/Number \_\_\_\_\_

Time	Activity	Time	Activity
8:00 AM	Sitting in a chair	10:00 AM	
8:20 AM	Watching TV	10:20 AM	
8:40 AM	Playing with dog	10:40 AM	
9:00 AM	Eating	11:00 AM	

Sleep Time: 9 AM Wake Time: 11 PM



## RETURNING THE MONITOR

### Returning the Monitor

- Please return the monitor on time.
- Turn the monitor off after test is completed.
- You can return the device/diary in the box provided to ACH front desk, or use the UPS label if provided. To find a local UPS drop box in your area you can go to [UPS.com](https://www.ups.com) and click the locations tab.

## RETURNING THE MONITOR/RESULTS

The ordering physician's office will contact you with results.

## COMMON PROBLEMS

- Loose cuff - Check the cuff to make sure it is fitted to the arm.
- Movement - Remain still while monitor is taking the reading
- Tubing – Check the tubing to make sure it is free of any bends, or twists.

If the device is unable to take a reading it will try again. If the device continues to not take your reading, please call our office during normal business hours **8:00 AM to 4:00 PM, Monday through Friday.**

The monitor should not cause pain. If it is too painful to continue monitoring, remove and turn the monitor off. Call the office during normal business hours at (501) 364-1847.

## SAFETY NOTICES FROM MANUFACTURER

- When fitting the cuff, ensure at all times, that there are no kinks in the tubing which could result in harmful injury to the PATIENT caused by continuous CUFF pressure. If this occurs remove the cuff.
  - Too frequent measurements can cause injury to the PATIENT due to blood flow interference; this will not occur unless there is a fault in the device. If it does, remove the cuff and return the device.
  - Do not apply the CUFF over a wound, as this can cause further injury.
  - Do not apply the CUFF on any limb where intravascular access or therapy, or an arterio-venous (A-V) shunt, is present because of temporary interference to blood flow could result in injury to the PATIENT; if in doubt please consult your physician.
  - Pressurization of the CUFF can temporarily cause loss of function of simultaneously used monitoring Medical Electronic Equipment on the same limb.
  - Check (for example, by observation of the limb concerned) that operation of the monitor does not result in prolonged impairment of the circulation of the blood of the PATIENT. If this occurs stop immediately.
  - Be aware of the possibility of strangulation due to cables and hoses, particularly due to excessive length.
  - Avoid small parts being inhaled or swallowed.
  - Be aware of potential allergic reactions to accessible materials used in the monitor.
  - Avoid misuse of the monitor that may cause contact injuries.
  - Do not use ACCESSORIES, detachable parts or materials not described in the instructions for use.
  - Do not interconnect this equipment with other equipment not described in the instructions for use.
  - Do not modify the monitors.
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