

# Blood Pressure Monitoring

**Your doctor has requested a 24 hour blood pressure study.**

**This test involves wearing a blood pressure monitor for 24 hours.**

**As this test requires you be fitted with a monitor you will need to contact your chosen TML Pathology clinic to make an appointment.**

## How do I Prepare for my Test?

- Continue taking your medication as usual, unless specified otherwise by your doctor.
- It is recommended to shower or bathe before your appointment as you will be unable to do so while the monitor is fitted.
- The cuff may only be worn on the upper arm. It is recommended you wear a loose fitting shirt or blouse that will allow for the monitor to be worn comfortably.

## What to Expect

- You will be required to keep a diary to note your activity and/or accompanying symptoms throughout the day. Noting all symptoms such as heart pounding, nausea, shortness of breath or dizziness, or any pain in the upper body.
- While the unit is in the process of taking your blood pressure, you must relax and keep your arm still until the cuff has completely deflated at the end of the procedure. Let arm hang relaxed beside body if possible.

## Important

- You cannot swim, shower or bathe while wearing the monitor.

### Find a collection centre

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