

# Ambulatory Blood Pressure Test (ABP)



## WHAT TO EXPECT

**Your doctor has chosen to provide you with a blood pressure monitoring device to assess your health over the next 24hrs.**

During your test Mobil-O-Graph will auto-inflate every 30 minutes during the day and every 1hr overnight. It has a responsive cuff to ensure it doesn't over inflate and cause you any discomfort.

## WHAT TO DO DURING CUFF INFLATION

- Sit still or stand with your arm relaxed at the side of your body
- If the device is unable to take a recording it will beep and retry after 1 minute
- Check there are no kinks or twists in the tube
- If you get a second error message please contact the collection centre where the device was fitted

## WHY YOUR DOCTOR HAS CHOSEN A 24HR BLOOD PRESSURE TEST

You have likely had your blood pressure taken previously, but a 24hr blood pressure test – also known as an Ambulatory Blood Pressure test – allows for greater accuracy.

It continues to check your blood pressure during your regular activity, and rest times, including while you sleep.

This provides your doctor with insights into spikes or fluctuations in blood pressure, and your overall BP health.

Ambulatory Blood Pressure testing is considered the gold standard for accurate diagnosis of high blood pressure – known as hypertension.

## COMMON QUESTIONS

### Do I need to limit my activity?

Mobil-O-Graph will capture a true reading of your blood pressure while you continue with most of your regular activities. Moderate level activity is fine, but you will NOT be able to engage in high intensity or high movement activities.

### Can I shower while wearing Mobil-O-Graph?

No, you will need to keep the device dry and avoid showering, bathing or wetting Mobil-O-Graph for the full 24hr test period. Please DO NOT remove Mobil-O-Graph at any time during your test.

### Do I wear Mobil-O-Graph to bed?

Yes, you do. Mobil-O-Graph will continue to inflate every hour during the night. If your sleep is somewhat disturbed, please DO NOT remove the device. Instead, continue wearing Mobil-O-Graph for the full testing period set by your physician.

### I heard the device beep after testing, what do I do?

Too much movement during inflation can cause an unsuccessful reading. Also, please check there are no kinks, twists or pressure against the tube, and then sit or stand still when the cuff begins to inflate once more.

**If you continue to hear beeps or get an error message on the device, please contact the collection centre where the device was fitted.**





To find your local collection centre:  
visit **[lavery.com.au](http://lavery.com.au)**, or scan this QR  
code using a smart phone app.

Please consider your individual circumstances and consult your healthcare professional if you have any questions relating to the information contained in this brochure. This brochure contains general educational information only. It is not intended or implied to be a substitute for professional medical advice or treatment and is presented for the sole purpose of disseminating information. \*Prices, where displayed, are correct at time of printing and are subject to change without notice.

Healius Pathology Pty Ltd (ABN 84 007 190 043) t/a Lavery Pathology PUB/MR/1606\_V1\_Sep21