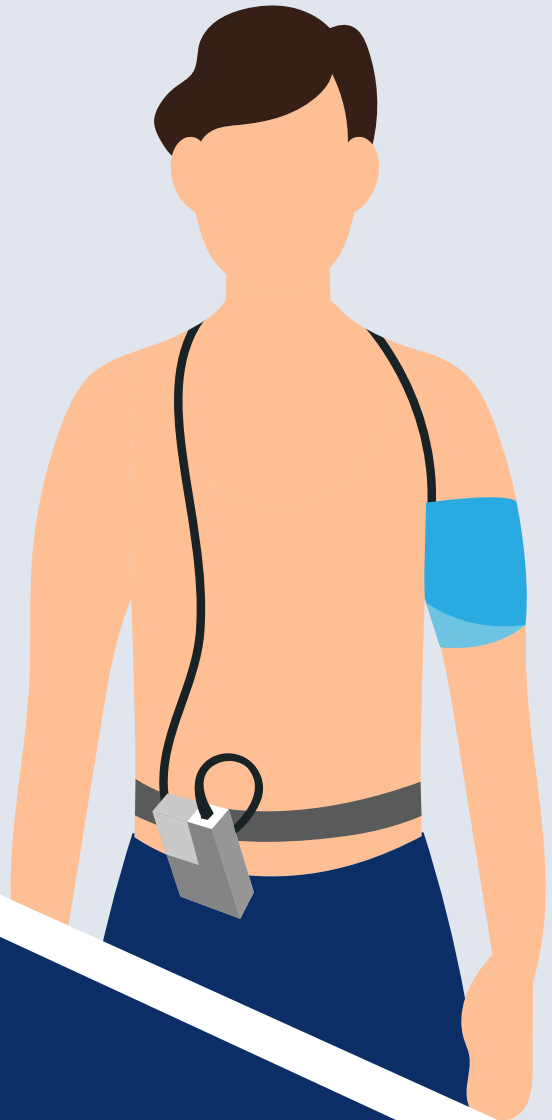




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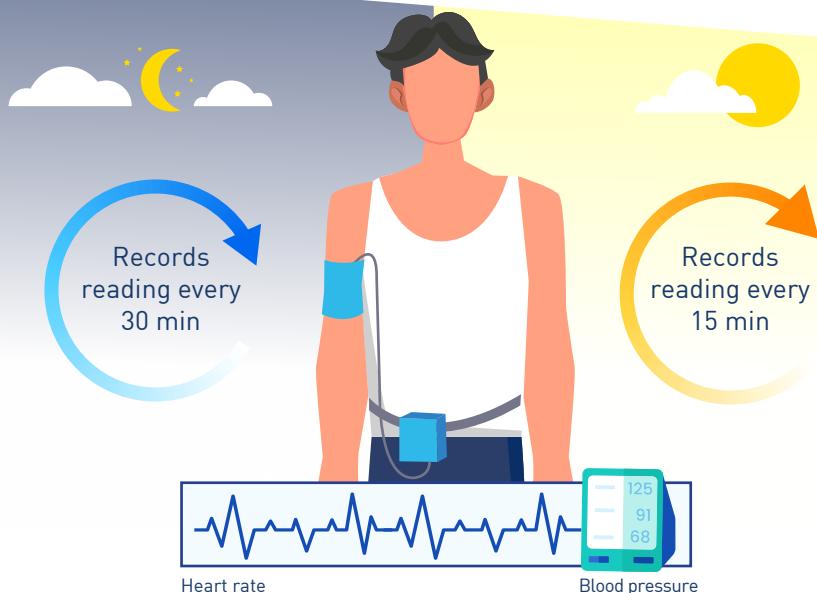
Ambulatory Blood Pressure Monitoring

What Is Ambulatory Blood Pressure Monitoring?

Blood pressure measurement taken at a single point of time, especially during a visit to the doctor, may not accurately reflect a person's actual blood pressure. Blood pressure varies according to the time of the day, as well as one's psychological state and level of activity. Many patients have elevated blood pressures when they see a doctor, for various reasons such as anxiety and stress. This is commonly called "white coat hypertension".

In ambulatory (referring to one carrying the recorder around) blood pressure monitoring, your blood pressure is measured multiple times during a period of 24 hours.

Through this measurement, your doctor will have a detailed pattern of your blood pressure variations throughout the day. This collected data provides more information than just a single reading in the clinic.



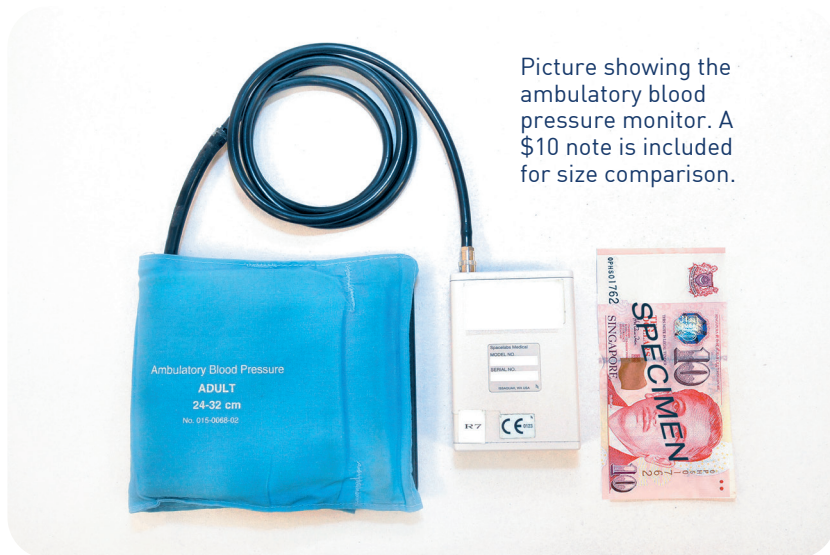
Ambulatory blood pressure monitoring over 24 hours provides a more comprehensive view about your blood pressure than conventional one-off clinic reading.

What is the purpose of this test?

Ambulatory blood pressure monitoring is especially valuable in assessing mild hypertension, which may be prone to over-diagnosis if relied solely on blood pressure readings done during a clinic consultation. This method is also employed for studying the impact of blood pressure-lowering medications, detecting blood pressure fluctuations, and evaluating severe hypertension. Accurate diagnosis and appropriate treatment are essential, as untreated high blood pressure can lead to damage in the heart, kidneys, brain, eyes, and blood vessels.

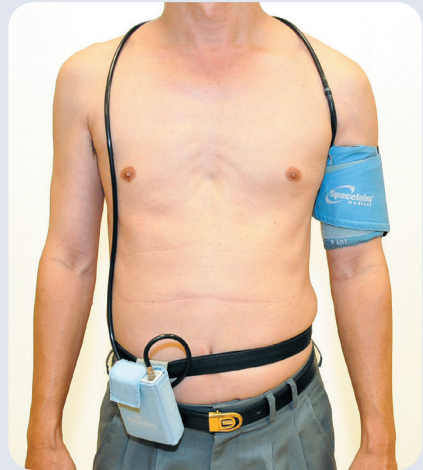
How is the test conducted?

A blood pressure cuff will be attached to one of your arms, and then linked to a portable computerised blood pressure recorder strapped at your waist. The recorder will measure your blood pressure at pre-set intervals throughout a 24-hour period. Upon your return on the following day, the recorded data is transferred to a host computer for charting and analysis.



What should I do?

- 1 On the day of the test, have a good bath before coming in loose fitting clothes. Ladies are advised to come in a 2-piece attire (top and bottom). Once the appointment is over and the equipment is fitted, you can carry on with your usual activities that you would normally do in a day, except bathing, swimming or engaging in activities that may dampen or soak the equipment.



- 2 The medical technologist fitting your recorder will provide you with a diary sheet to record your activities and any symptoms you may experience during the test. Accurate interpretation of your blood pressure recording is also dependent on the careful and thorough recording of your symptoms and activities in this diary.
- 3 Avoid excessive movement of the arms and areas attached with the parts of the equipment. You should also avoid vigorous physical activities that might cause the cuff to be disconnected, or cause the recorder to be damaged.
- 4 For maximum accuracy, you should keep your arm as straight and relaxed as possible during cuff inflation and deflation.
- 5 Upon your return at the end of the monitoring, the equipment will be removed and connected to the computer for data transfer and analysis.

What are the potential risks/ complications with this test?

While this ambulatory blood pressure monitoring is generally safe, individuals may experience minor discomfort as the cuff inflates. Occasionally, there may be itching or a mild rash at the site where the blood pressure cuff was applied. If you encounter any issues or unusual discomfort, please inform the medical technologist or doctor.

When will I know the results?

The blood pressure recordings will require some time to analyse. Your doctor will inform you of the results usually at your next outpatient clinic visit.



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