



## **AMBULATORY BLOOD PRESSURE MONITORING**

### **WHAT IS IT?**

The ABPM is a monitor worn by the patient for 24 hours. The blood pressure is checked at various intervals throughout that time.

### **WHY IS THIS TEST PERFORMED?**

This test is an invaluable diagnostic test as the blood pressure can vary over the course of the day and is influenced by several factors (activity, emotional state and environment). It permits separation of patients with normal blood pressure who experience white coat syndrome from truly hypertensive individuals requiring treatment.

### **HOW IS THIS TEST PERFORMED?**

This test requires the patient to wear a cuff on their arm and monitor over their shoulder or waist for 24 hours.

### **HOW TO PREPARE FOR THE TEST**

There is no preparation for the test.