



**CPS Cardiac Testing:**  
Medical Centre 1: Suite 206, 430 The Boardwalk, Waterloo, ON, N2T 0C1

**CPS Pulmonary Testing:**  
Medical Centre 2: Suite 303, 435 The Boardwalk, Waterloo, ON, N2T 0C2

Phone: 519-741-5252  
Fax: 519-741-5772  
Website: [www.kwcps.com](http://www.kwcps.com)  
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## Ambulatory Blood Pressure Monitor

This test is performed in **Medical Centre 1:**  
Suite 206, 430 The Boardwalk, Waterloo, ON, N2T 0C1

### What is ambulatory blood pressure monitoring?

This is a device that records the body's blood pressure usually over a period of 24 hours and during normal activity.

### How long will my appointment be?

CardioPulmonary Services makes every effort to begin your appointment on time. You should expect this test to take roughly 15 minutes.

### How is the test performed?

A blood pressure cuff is placed around your upper arm. This is attached to a device that inflates the cuff every 30 minutes during the day, and every 60 minutes through the night. All pressures are recorded.

After approximately 24 hours, you will return the monitor to our office and the recordings are sent to your doctor.

While wearing the device, please avoid:

- Electric blankets
- High-voltage areas
- Magnets
- Metal detectors
- **Note:** You may be asked to remove the device if you are going for other testing such as an MRI, CT scan, or X-ray

This monitor **cannot get wet**. Do not bathe, shower, or swim while wearing the monitor. This device is sensitive and must not be tampered with.



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### **How do I prepare for the test?**

There is no special preparation for the test. Please shower or bathe prior to your appointment as you will not be able to do so while wearing the monitor. A technologist will start the monitor. You may wish to wear a loose-fitting short sleeve shirt so the cuff will feel more comfortable underneath your clothing.

### **How will the test feel?**

This test is painless; however some people find the pressure of the cuff uncomfortable while it is inflating.

The monitor will continue to take measurements through the night, so it may make it more difficult to sleep.

### **Why did my doctor ask for this test?**

Blood pressure monitoring is helpful to diagnose:

- Hypertension (high blood pressure)
- White coat syndrome
- Effects of medical treatment for high blood pressure