

Ambulatory Blood Pressure Monitoring Appointment Instructions



Your child has an appointment for an Ambulatory Blood Pressure Monitoring (ABPM) on: _____

The monitor will check your child's blood pressure for 24 hours. This will help the doctor understand if your child truly has high blood pressure.



What do I need to do to prepare for the appointment?

- Please make sure your child wears a tank top or short-sleeved under shirt on the day of the appointment. This is because the blood pressure cuff will need to be placed directly on the skin.
- We recommend your child showers before their appointment as they will not be able to shower within 24 hours to not get the monitor wet.

What happens on the day of the appointment?

- Please arrive at least 20 minutes early to park and check-in at the main hospital lobby.
- Go to the ABPM clinic on the 4th floor of the McAllister building. Take the Tiger elevators and check-in at the front desk.

What happens during the appointment?

- We will measure your child's arm and place a blood pressure cuff in the correct size.
- Your child will wear the provided satchel to hold the monitor for 24 hours.

Ambulatory Blood Pressure Monitoring Instructions:

1. Please make sure your child is in a relaxed position. They may sit down or stand still if they are walking.
2. The blood pressure cuff is placed on your child's non-dominant upper arm.
3. The monitor will beep once and count down to 5 seconds before taking your child's blood pressure.
4. The monitor will check your child's blood pressure every 20 minutes during the day and will make a beep sound. It will be on silent mode every 30 minutes after 10:00p.m.
5. Press the circle button on the monitor once, when your child is taking their blood pressure medications or is experiencing nausea, vomiting, dizziness, migraines. Do not hold the button as the monitor will turn off.
6. Log your child's activity, time, and mood daily in the patient diary. You do not need to write down each blood pressure measurement. It will automatically save to the monitor.

How will I know if the monitor is not working?

- The monitor will beep multiple times if it is not working correctly. Please check the cord and the connection from the blood pressure cuff to the monitor.
- Please make sure your child is relaxed as the monitor will retake their blood pressure in 2-3 minutes. If it does not work again, the monitor will take your child's blood pressure after 20 minutes.

What happens after the appointment?

After the appointment, you may take your child home and continue most regular activities **except**:

Your child should NOT:

- Shower, swim, or any activities that will get the monitor wet.
- Do extreme activities that may raise their blood pressure (sports, lifting, rollercoasters, etc.)
- Do activities that may break the blood pressure monitor (bikes, skateboarding, etc.)
- Touch the monitor **except** when your child is taking blood pressure medications or experiencing nausea, vomiting, dizziness, migraines. The monitor will record the time of the event and take your blood pressure.
- Sleep on the side of the cuff.
- Flex their arms, make a fist, or move their fingers when the monitor is taking their blood pressure.

When will the monitor come off?

- Please remove the blood pressure cuff, monitor, and batteries 24 hours after the appointment.
- Return the blood pressure cuff, monitor, and patient diary **before 12:00 p.m. noon** the next day. Please take them to _____
 - Your child does not need to be present when dropping off the items.

	Mondays	Saturdays
Return to:	General Nephrology department on the 4th floor of the McAllister building.	Hemodialysis clinic on the 5 th floor of the McAllister building. Please ring the doorbell.
	*Take Tiger elevators	*Take Tiger elevators
*Please return the monitor on Monday or Saturday. If you are not able to return it on either day, please call the office at (323) 361-2102.		

If you have any questions or concerns, please call the Nephrology clinic at (323) 361-2102 to speak with the nurse.