

24-hour Blood Pressure (BP) Monitoring

To the Patient:

Be sure that the monitor is in a comfortable position before you leave the office. Continue with your normal daily activities. Please write down the time you take your medications. Write down any major change in activity (example: wake up, watching TV, resting, sleep). Also, write down any symptoms that happen in between readings (example: headache, vomiting, blurry vision) and press the **CIRCLE** button. If you wish to abort (stop) a reading in progress, press the **CIRCLE** button.

Important Notes:

DO	Once you hear the tone (BP being taken), try to keep still while the BP reading is being recorded.
DO	If you feel uncomfortable or have pain/tingling in your arm, cancel the current reading by pressing the CIRCLE button and remove the BP cuff. Notify the doctor/nurse.
DO NOT	Do not remove the blood pressure monitor from the carrying case.
DO NOT	Do not hold the CIRCLE button for longer than 10 seconds. This will turn the monitor off.
DO NOT	Do not get the monitor wet. Avoid showers/baths for 24 hours during the test.
DO NOT	Do not be concerned if your blood pressure monitor can't take a blood pressure reading every cycle. It will start again in 2-3 minutes.
DO NOT	Do not do heavy physical activity or play sports.

Returning the Blood Pressure Monitor:

- After 24 hours, please remove the blood pressure cuff and monitor.
- Remove the batteries from the monitoring device (BP machine).
- Return the blood pressure cuff, equipment, monitor and batteries in the bag provided and label with the patient's name and medical record number.

Questions or Concerns:

Please call the Nephrology office (323) 361-2102 to speak with the nurse

If you are going to return the monitor and diary on a Saturday:

- Call the Hemodialysis office at (323) 361-2560
- Take the Tiger elevators and go to the 5th floor