

Do you know your blood pressure?

Ambulatory Blood Pressure Monitoring



Ambulatory Blood Pressure Monitoring (ABPM) is when a special blood pressure machine is worn on your body for 24 hours while you go about your normal daily life.

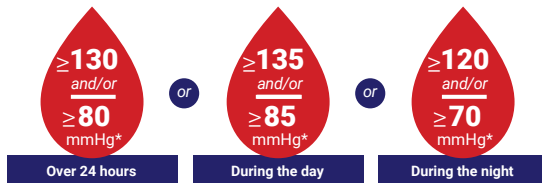
This machine will record your blood pressure at fixed intervals throughout the day and night, including while you sleep.



You may be asked to use an ABPM device to provide your doctor with more info on your blood pressure and check for:

- **White Coat Hypertension:** When the blood pressure readings are high at the doctor's clinic but not when you check your blood pressure at home.
- **Masked Hypertension:** When the blood pressure readings are normal at the doctor's clinic but high when measured at home.

If your average blood pressure is;



This means you have **high blood pressure**.

*mmHg means 'millimetres of mercury' and is a standard unit to measure pressure.

To help interpret these results your doctor may ask you to record some of your activities throughout the day.

Scan the QR Code to download an activity diary.

