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## BLOOD PRESSURE MONITOR

### What is a Blood Pressure Monitor?

Blood Pressure Monitor is a small battery-operated device, which is attached to the belt around your waist and a cuff on your upper arm. It automatically takes blood pressure measurements at a set interval of 20-30 minutes during the day and 60 minutes at night and maps it in a series of graphs and tables for medical analysis.

### How do I prepare for my Holter Monitor appointment?

Please wear loose-fitted clothing with wide sleeves, allowing for the fitting of the blood pressure cuff on your upper arm.

Prepare for no shower or bath for approximately 24 hours or until the monitor is off.

Please continue all your medications.

No fasting is required.

Allow 15-20 minutes for your appointment.

### How do I get my results?

Once the monitor is returned the data is analyzed by a trained clinician and a final report is completed within 24 hours.

Your referring doctor will receive your results with 1-2 days.

If you require urgent results, please notify our staff at your appointment.