



HOSPITAL BRITANICO

ABPM:

It is the ambulatory blood pressure monitoring (ABPM), usually for 24 hours

It is a non-invasive technique, which is performed with a portable equipment that is taken home.

It allows the patient to do a normal life, all kinds of usual activities except showering.

It is removed the day after its placement.

This method is important for both diagnosis and follow-up, evaluation and treatment of the patient with arterial hypertension.

Preparation:

- It is recommended to shower before placement. You can wear your usual clothes, preferably loose-fitting.
- Attend the medical study with a list of medication you usually receive.
- It is not necessary to stop medication, only if your doctor indicates it.

Medical Instructions:

- The equipment is programmed to measure your blood pressure at regular intervals, every 20 minutes during the day and every 30 minutes at night.
- Please, whenever the situation allows, leave your arm outstretched and still on the side of the body during bracelet insufflation.

