

Ambulatory blood pressure recording

In the examination, your blood pressure will be monitored for a 24-hour period.

It will take about 30 minutes to set up the device. The device will be removed the next day and it will take about 15 minutes to remove it. At the set-up appointment, the nurse will let you know when you should return the device.

Preparation for examination

You may eat, drink and take your medicines as usual. If your attending physician has given you different instructions, follow those instructions.

Please wear a loose-fitting shirt.

Examination

A small portable device is to keep with you until the next day. The nurse will fasten a cuff around your arm. The device measures your blood pressure at 15- to 20-minute intervals during the day and at 30- to 60-minute intervals at night. **You must keep the device dry.**

During the monitoring period, you may move freely and follow your usual daily routine.

During the examination, you will need to keep a diary, which the nurse will give you and instruct you on.

Other things to note

Please take your health insurance card (Kela card) or identity card with you.

Your attending physician will inform you of the test results. Please contact the unit responsible for your care if you do not already have a scheduled appointment or a phone consultation with your doctor.

If you cannot come to your scheduled appointment, **or you cannot return the device immediately after the monitoring period ends**, please notify the examination unit as soon as possible.

You will not be charged for the examination separately.

Cancel the appointment if you cannot come. If you do not cancel, you will be charged a fine.

