

## ABP Instructions

- Do not shower or swim with the machine on, it is not waterproof
- Go about usually daily activities however do not exercise vigorously
- The machine will beep right before a reading is due, the machine can be noisy
- The machine will take measurements every 30 mins during the day and hourly during the night (between 10pm to 8am). If one measurement is not successful, the machine will repeat the reading after 2 minutes
- When the machine is taking a reading it will be very tight on the arm, more so when your blood pressure is high
- When the cuff is directly contacting the skin due to the tightness of the cuff it may leave a mark on the skin or cause skin irritation or bruising. If the machine is uncomfortably tight you can adjust it and loosen slightly when the machine is not pumping (measuring) if necessary. If it is very uncomfortable and you prefer to remove the cuff, then please keep in mind there might not be enough readings. Please seek medical attention if required.
- Do not remove the machine at night. If you miss the night readings you will not have enough data
- Try to keep the arm straight and still when the machine is taking a reading
- If you follow all the instructions correctly the machine should be able to take enough readings. However bear in mind if there are not enough successful readings then you might need to repeat the monitoring process, otherwise we cannot generate a meaningful report.
- Return the machine at the same time the following day
- If you have any questions or concerns during the monitoring period please contact us on 03 9898 3366 or [info@expresscardioservices.com.au](mailto:info@expresscardioservices.com.au)

