

Using an ABP Monitor

ABP stands for **ambulatory blood pressure**. An ABP monitor is a small machine that tracks your blood pressure.

You wear the monitor on a belt and a blood pressure cuff on your arm. You can hide the blood pressure cuff under your clothes. The picture below shows a person wearing an ABP monitor.

The monitor tracks your blood pressure every 15 to 30 minutes of a normal day, and every hour at night. It can help you and your doctor see if your blood pressure treatment is working.

Your doctor may want you to use an ABP monitor for any of these reasons:

- You have high or low blood pressure.
- You and your doctor **can't** keep your blood pressure under control.
- Your other medicines are causing blood pressure problems.
- You're pregnant and have high blood pressure.
- You have fainting spells.

The monitor can help your doctor find out if your blood pressure goes up and down at different times. For example, some people only have high blood pressure when they are at the doctor's office. Others have it only at certain times of the day or night. Tracking changes in your blood pressure can help your doctor figure out the best treatment plan.

What Happens When You Get an ABP Monitor

We place a blood pressure cuff around your arm and strap the monitor on a belt around your waist. You need to wear the cuff and monitor for 24 or 48 hours. Your doctor will tell you how long to keep them on. You also need to complete a list of the medicines you take. Follow these tips while wearing the monitor:

- ✗ **Don't** take off the monitor.
- Try to sleep on your back.
- ✗ **Don't** take a shower. A sponge bath is OK.
- Follow your normal routine. **Don't** avoid stress, work, or exercise.



A person wearing an ABP Monitor

Questions? Call Us!

Heart Station
Diagnostic Center, 2nd Floor
Main Hospital
Phone: (505) 272-2403
7:00 a.m. – 5:00 p.m.
After 4:00 p.m. call 272-2111.
Ask for the "Cardiology
Fellow" on call.