



2 CHAMPAGNE DRIVE (CHAMPAGNE CENTRE) UNIT B10 TORONTO M3J 2C5

CARDIOLOGY DEPARTMENT

Ambulatory Blood Pressure Monitoring Test

Appointments for Ambulatory Blood Pressure Monitoring (ABPM) test are available on referral basis only and are **NOT covered by OHIP**.

Appointment Instructions:

- **Refrain from showering or swimming for the duration of the test.** Ambulatory Blood Pressure Monitors are not water proof and must be on you at all times. We recommend showering before you arrive and put your ABPM on.
- Patients who wish to **RESCHEDULE** or **CANCEL** their appointment must do so at least 48 business hours in advance to avoid a NO-SHOW fee of \$113.

Description of Test: Ambulatory Blood Pressure Monitoring Test

An Ambulatory Blood Pressure Monitoring test is used to measure blood pressure over a 24 hour period. This is used to get further information on how patient's blood pressure varies throughout the day. The Monitor is attached to a belt that is to be worn around patient's waist. The Monitor is connected to a cuff around patient's arm which inflates at various times throughout the day and while sleeping.

The two reasons for this test are to see how daily life effects blood pressure, and to eliminate the 'white coat effect' which causes people's blood pressure to rise when going to the doctors' offices. Patient must ensure the tube is not tangled and the strap is positioned properly on the top of their arm. Keep a journal throughout the day keeping track of what has been done and what was happening during each reading interval.

For more information about the services provided at the Polyclinic Cardiology Department or for referral information please contact us at 416-222-6160 EXT. 243.

2 CHAMPAGNE DRIVE (CHAMPAGNE CENTRE) UNIT B10 TORONTO ON M3J 2C5
(TEL): 416-222-6160 EXT. 243 (FAX): 416-645-1979