

Do you know your blood pressure?



Ambulatory blood pressure monitoring



Ambulatory blood pressure monitoring (ABPM) is when a blood pressure machine is **worn on your body** for an extended period of time (usually 24 hours) while you go about your normal daily life. This machine will **record your blood pressure** at fixed intervals **throughout the day and night**, including while you sleep.



You may be asked to use an **ABPM device** to confirm your blood pressure and check for:

- **White coat hypertension:** when the blood pressure readings are **HIGH at the doctor's clinic** but not when you check your blood pressure at home
- **Masked hypertension:** when the blood pressure readings are **NORMAL at the doctor's clinic** but HIGH when measured at home

If your average blood pressure over 24 hours is: ≥ 130 and/or ≥ 80 mmHg

≥ 135
and/or
 ≥ 85
mmHg*

During the day

or

≥ 120
and/or
 ≥ 70
mmHg*

During the night

This means you have **high blood pressure**.

*mmHg means 'millimetres of mercury' and is a standard unit to measure pressure.

To **help interpret** these results your doctor may ask you to **record some of your activities throughout the day**.

SCAN the QR Code to download the **activity diary**.

