

Ambulatory Blood Pressure Monitoring (ABPM)

Patient Guide

Also known as: ABPM (Ambulatory Blood Pressure Monitoring), 24-hour blood pressure monitor, 24-hour BP monitor, wearable blood pressure monitor, day–night blood pressure monitoring, sometimes called “BP Holter” (informal term).

What is ABPM?

ABPM measures your blood pressure automatically at regular intervals over 24 hours (sometimes longer). You wear a blood pressure cuff on your upper arm and a small recording device on a belt or shoulder strap. It records blood pressure during normal daily activities and while you sleep.

Why might I need it?

- Confirm high blood pressure and avoid the “white coat” effect
- Detect masked hypertension
- Assess overnight blood pressure
- Check effectiveness of blood pressure medication
- Investigate blood pressure related symptoms such as dizziness or faintness

Patient Charges

4Cyte Pathology bulk bills (no charge to patient) all patients with a valid Medicare referral.

Fitting Appointment and Testing Process

Booking and attendance at an appointment at a 4Cyte pathology collection centre for a device fitting appointment is required. At that appointment, the technician will fit and activate the monitoring device, which will then regularly record your blood pressure for the next 24 hours. At the end of the 24 hours, you return to the collection centre and the technician will remove the monitor and submit the results for specialist review and reporting.

Before your fitting appointment — How to prepare

- Bring your pathology referral to your fitting appointment
- Shower beforehand
- Wear loose clothing with sleeves that roll above the elbow
- Avoid tight clothing
- Continue your usual routine unless advised otherwise

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Medications

- Take your usual medications unless instructed otherwise
- Bring a medication list or a photo of your medications

Please tell us beforehand if you have

- Lymphedema, dialysis fistula, recent breast surgery, or arm injury
- Bleeding disorders or use of anticoagulant medication
- Painful skin conditions

What happens at the appointment?

- Correct cuff size is applied
- Test readings are taken
- Diary instructions are explained
- Fitting usually takes 10–20 minutes

During monitoring (when the cuff inflates)

- Day readings occur every 30 minutes
- Night readings occur every 60 minutes
- Keep your arm still and relaxed, preferably down by your side
- Do not tense your arm or talk during the reading
- Pause walking during readings

Keep a diary (very important)

- Press the day/night button at bedtime and on waking
- Record time you go to bed and wake up
- Record symptoms and the time they occur (headache, dizziness, palpitations, chest discomfort)
- Record key activities such as exercise or stressful events
- Record medication times if relevant
- Follow your usual routine so results reflect real life

Comfort and practical tips

- Do not get the device wet - avoid swimming, baths, or showers
- Avoid vigorous upper-arm exercise

If something goes wrong

- If a reading fails, remain still and allow the device to retry
- Contact us if you experience pain, numbness, alarms, or cuff displacement

Seek urgent help (Call 000) if you experience

- Severe chest pain or shortness of breath
- Fainting or symptoms of stroke

After the test

- Return the device to 4Cyte as instructed
- Results will be sent to your referring doctor