24 Hour Blood Pressure Home Monitoring Instructions

To understand your day and night blood pressure patterns, we ask that you wear a blood pressure cuff for approximately 24 hours- from the time it is placed until one day later. Please don't remove the cuff until _____. The cuff will inflate about every 30 minutes.

Some tips while wearing the monitor:

1. During the day, before the monitor starts to inflate, there will be a beep. Please sit down and don't cross your legs (if standing), place your arm at the level of your chest, and rest (don't talk during cuff inflation). At night, there will not be a beep before the monitor start to inflate.

2. When the cuff gets tight and/or the tone sounds, <u>STAY STILL and KEEP YOUR ARM STILL</u> until the cuff is loose again.

3. While wearing the monitor, check that the tubing from the cuff is not twisted or bent.

4. Treat the equipment gently. Please, no hard knocks, bumps, or drops.

5. Keep the equipment dry. Remove the cuff when showering or bathing.

6. Try not do to do heavy physical activity during the day you wear the monitor.

7. During sleep, take the monitor out of its pouch, place on a folded towel, and cover the monitor with a pillow or towel (to muffle the sound). You may place the monitor under a pillow or at the side of the bed.

Stopping a Reading or Pausing Readings:

If at any time the cuff does not deflate or becomes uncomfortable, press the Action button to stop the blood pressure reading. The cuff should deflate until the next scheduled reading time. If the cuff does not deflate, remove the cuff, and follow the instructions below to power off the monitor. The following steps should also be used if you need to temporarily suspend blood pressure readings for the purposes of taking a bath or shower.

To Power Off: Press and hold the Action button for 3 seconds.

1. A message will appear on the monitor display asking you to confirm your decision to power the unit off.

2. Press the Down arrow button once to highlight the "Yes" option.

3. Press the Action button once to confirm the selection, and the unit will shut down. Wait for the cuff to deflate.

To Power On and Resume Readings:

1. Put the cuff back on your arm as described below in "Replacing the Blood Pressure Cuff."

2. Press and hold the action button for 3 seconds to turn the unit back on. An audible beep will confirm the unit has powered on.

3. Wait approximately 10 seconds and then press the action button. The cuff will inflate, and the monitor will take a blood pressure reading.

4. The unit will automatically resume readings.

5. If the unit did not power on or would not take a blood pressure reading, please contact a study staff member for instructions.

Replacing the Blood Pressure Cuff after removing it:

1. Hold your arm out with your palm facing up.

2. The cuff will be inside a soft cover and should not be removed from the cover. Wrap the cuff around your arm with tubing pointing up towards the shoulder.

3. Point the arrow on the cuff toward the center of your arm near the bend inside of your elbow as shown in the image (and over the spot that the MESA research assistant showed you). Tighten the cuff so that it is snug and stays in place but is not uncomfortably tight.

4. Bring the tubing behind your neck and down the other side of the front of your body toward the waist.

5. Hold down the round Action button located on the front of the monitor for 3 seconds until a beep is heard. The monitor will switch on within 7 seconds.

6. Push the round Action button to inflate the cuff and start readings

Remember: We want **awake and asleep** blood pressures, so it is important to wear the monitor for **24 hours. HOWEVER, do not wear the unit into the bath or shower. Follow the instructions for suspending readings, and please remember to put the monitor back on after your bath or shower.**

When you are finished wearing the monitor, take the monitor off and follow the instructions to power off the monitor. Follow the instructions provided by the study staff to return the monitor.