



Ambulatory Blood Pressure Monitoring Frequently Asked Questions

Please contact your ARIC Field Center with any concerns or questions that are not addressed below.

Problem	What to Do
The cuff is too loose.	If the cuff seems too loose, please tighten it enough that it stays on your arm, but not so much that it hurts or causes numbness. You should be able to fit two fingers underneath the cuff.
The cuff is too tight. Can I take it off?	If the cuff feels a little too tight, you should loosen it so you can fit two fingers underneath it. Please try to leave it on as long as possible.
My arm is turning numb/blue or getting bruised from the cuff.	Remove the cuff and contact your field center as soon as possible for help.
Why does the cuff keep inflating every few minutes instead of every 20 minutes?	If you move when the cuff is trying to take a blood pressure reading, you may get an error. The cuff will then try to take another reading. Please try to keep as still as possible when the cuff is inflating/deflating. If this keeps happening, please contact your field center.
After a few hours with the tubing running around my neck, I noticed a rash.	Avoid contact from the tube on your bare skin around your neck if possible. The tubing can run on top of a shirt. The rash will resolve on its own.
What do I do with the readings I see on the device while at home?	The readings should automatically disappear from the device. You do not need to do anything with them.
Why does the cuff keep inflating even though it's not on my arm?	The device is programmed to take measurements at specific time points. Therefore, even if the cuff is not on your arm, the device will fire at the specific time. Make sure to place the cuff on before the next reading starts. If you are done with the 26- hour monitoring period, you should take out one of the battery to prevent further firing of the device.

Problem	What to Do
What do I do if my fingers start swelling?	Loosen the cuff between the time you notice the swelling and the next measurement. If this problem continues, remove the cuff and contact your field center.
The device is too loud at night and interferes with my sleep.	We suggest putting the monitor under your pillow to muffle the noise.
What if I wore the device more than the number of hours I was supposed to wear it?	This is fine. We would be happy for you to stop at the stated time on the form. However, if this happens, we will only look at the measurements up through the required 26 hours.
What if I wore the device less than the number of hours I was supposed to wear it?	We encourage you to wear it for the full 26 hours. However, if you are not able to wear it for the entire duration, we will look at the measurements you provided. If you remove the device and you are not going to put it back on, please remove one of the batteries.
What if I need to take the cuff off for more than 2 hours?	Please try to place it back on as soon as you can.