



# Ambulatory Blood Pressure Monitoring Participant Checklist and Replacing the Cuff

## Please try to wear the cuff for the full 26-hour period.

- However, please remove when heavily exercising or taking a bath/shower to avoid getting it wet.
- Document what you are doing on the activity log with a pencil or pen.

### Helpful tips:

- 1** It may help to put the monitoring device under your pillow while sleeping.
- 2** You can hook the device on your opposite hip while standing or walking. It can go on a table or sit next to you while seated.
- 3** You can hide the tubing underneath your clothing to be out of the way.
- 4** A special connector keeps the tubing attached to the device so it should not come loose during your normal activities, but contact us if it does.

## If you need to replace/reposition the cuff:

- Try to remember how the cuff was on your arm before and put it back in the same position.
- Use the same arm you used for other ARIC blood pressure measurements.
- Place cuff on bare skin with the tubing pointing up your shoulder and wrap the cuff around your arm. The bottom edge of the cuff should be at least ½ inch above your elbow.

**You should be able to fit 2 fingers between your arm and the cuff. It should be snug but comfortable. Rewrap cuff if needed.**

- The tubing goes up your arm and around your shoulder, across your back.



## When the 26 hours are complete:

- Press the Action button on the monitor to obtain one last measurement.
- Complete the questionnaire on the Participant ABPM Experience Form for the measurement period. Write down your sleep and wake times on the Participant Activity Log. Make sure the log is filled out.
- Remove the batteries before placing monitor in the return package.
- For mailing, remember to include the monitor, cuff, Participant ABPM Experience Form, and ABPM Activity Log in the return package.