



24 or 48 - Hour Ambulatory Blood Pressure Monitoring (ABPM)

Date: _____ **Time:** _____

Place: _____

Your 24 or 48 hour Ambulatory Blood Pressure Monitoring (ABPM) study is performed at the Cardiovascular Diagnostic Center of Centro Médico ABC and is available at both campuses: Observatorio and Santa Fe

What is an ABPM Study?

- ABPM is a study that continuously records your blood pressure over a 24 or 48 hour period using a portable monitoring device.
- The equipment consists of a lightweight monitor worn around the waist or attached to the body, connected to a blood pressure cuff placed on the arm. Throughout the day and night, the device automatically measures your blood pressure at scheduled intervals.
- This study helps your physician obtain a more accurate and reliable understanding of how your blood pressure behaves during your daily activities and while sleeping, allowing for better diagnosis and follow-up of cardiovascular conditions.

Recommendations for the Day of Your Study

- Please arrive **15 minutes** before your scheduled appointment time with your **medical prescription/order**.
- It is recommended to select a 24 or 48 hour period that best reflects your normal daily routine.
- Please arrive showered and avoid applying cream, lotion, or oils on the arm and chest area on the day of the study.
- Wear comfortable clothing, preferably two-piece attire, to facilitate placement of the equipment.

During the Study:

- Nursing staff will place the device and verify that it is functioning properly.
- The blood pressure cuff will automatically inflate at different times during the day and night to obtain measurements.
- While the cuff is inflating, it is important to keep your arm still and relaxed to ensure more accurate readings.
- Nighttime measurements may temporarily interrupt your sleep; however, it is recommended to continue your normal activities and rest routine as much as possible.
- You will receive a logbook to record:
 - ✓ Daily activities
 - ✓ Relevant times or events
 - ✓ Symptoms or discomfort experienced during the study
- This information will help correlate your symptoms with the readings obtained by the device.

Observatorio Campus

Sur 136 No.116, Las Américas,
01120, Álvaro Obregón, Cd. de México.
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Santa Fe Campus

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05300, Cuajimalpa, Cd. de México.
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Important Recommendations:

- Do not suspend your regular daily activities during the study.
- If you take medications, including blood pressure medications, follow your physician's instructions.
- While wearing the device:
 - ✓ Do not shower or swim.
 - ✓ You will not be able to undergo: X-rays, CT scans, MRI scans or Nuclear medicine studies.
- If you notice that the cuff feels loose or presents any issues, please contact the Cardiovascular Diagnostic Center for assistance.
- Mild marks or temporary discomfort on the arm may occur due to the repeated blood pressure measurements.

Additional Information:

- All information collected during the study will be interpreted by your physician at Centro Médico ABC, who will guide you regarding the next steps in your treatment or follow-up care.

For questions, preparation instructions, or additional information, **please contact the Cardiovascular Diagnostic Center directly.**

Cardiovascular Center

Monday to Friday **Saturdays and holidays**
7:00 A.M. to 8:00 P.M. 7:00 A.M. to 2:00 P.M.

Observatorio Campus, Central Tower, 2nd Floor Santa Fe Campus, Central Tower, Plaza Level
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