



# SunTech Medical<sup>®</sup>

The Difference in Clinical Grade<sup>®</sup>



## 24 Hour ABPM Study

### Patient Instructions

## Introduction

Welcome to your 24 Hour ABPM Study. Included is everything you need to complete an accurate study on your blood pressure over a 24 hour period. By completing this study you will enable your physician to provide the best care for your health.

## Important information for your study:

To get the most accurate results, you must wear the monitor for 24 hours, especially at night.

Do not get the device wet. If you must shower, please remove and replace the device afterwards.

You can stop a measurement in progress by pressing the blue Start/Stop button momentarily.

When a reading is being taken, hold your arm still, naturally resting by the side of your body and do not talk.

Do not place the cuff over the top of clothing. You may put loose clothing over the top of the cuff once it is fitted.

Before sleeping, place the monitor on the bed or bed-side table and make sure that the hose is not kinked and will not become kinked.

Minor discomfort during readings is common, but completing the 24-hour study will provide your clinician with the best possible information for managing your treatment.

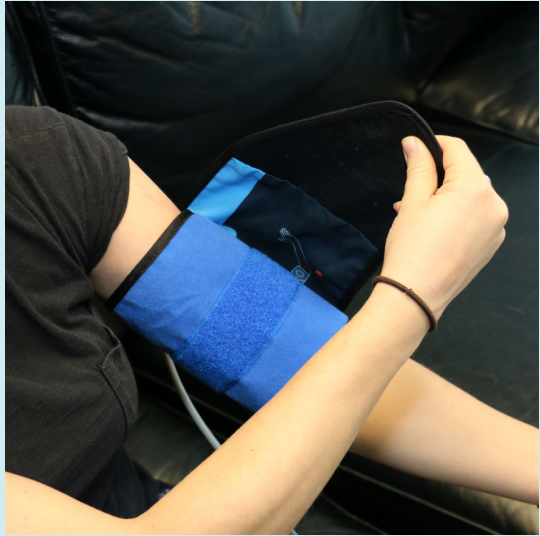
## Removing and replacing the cuff on the arm

### Removing the cuff:

Pull the tail of the cuff away from the arm to separate the hook and loop (velcro).

Unwrap the cuff until the cuff is hanging loosely from the gray sleeve.

Pull the gray sleeve down your arm to remove the cuff.



### Replacing the cuff:

Place arm in gray sleeve and pull the sleeve up to your forearm.

*Note: ensure there is a two finger gap between the sleeve and the inside of your elbow.*

*Continued overleaf...*



## Replacing the cuff

Position the white arrow on the upper-inside of your arm

*Note: it is important that the white arrow is correctly positioned on the arm*



## Replacing the cuff

Wrap the cuff and secure the hook and loop (velcro).

*Note: You should be able to get 1-2 fingers underneath the cuff once wrapped.*

