



AMBULATORY BLOOD PRESSURE MONITORING

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| Patient Name: | DOB: | ULI: |
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|-----------------------------|---------------|-------------|
| Referring Physician: | Phone: | Fax: |
|-----------------------------|---------------|-------------|

PLEASE CHECK ONE OF THE FOLLOWING BOXES:

ABPM ONLY

ABPM followed by a consult in the HTN Clinic

APPOINTMENT DATE & TIME: _____

LOCATION 3D Kaye Edmonton Clinic
11400 University Avenue
Edmonton, Alberta, T6G 1Z1

CONTACT Phone: 780-407-5346
Fax: 780-407-7583

The patient must return the blood pressure monitor to the 3D Kaye Edmonton Clinic on the business day following completion of the 24 hour monitoring study. Please note that this clinic is closed on weekends and statutory holidays. Please instruct the patient to allow time to find parking and inform him or her that there is a fee for parking.

Cancelling/Rescheduling

Please call 780-407-5346 to cancel or reschedule the appointment.

Clothing/Dress

It is very important that the patient wears a loose fitting top or a short sleeve and if possible bring a belt no more than 1 ½ inches wide. The belt will slip through the loop in the blood pressure monitor case and be worn around the waist.

Very Important

If blood pressure readings in the clinic are severely elevated (over 200/110 mmHg), the 24 hour ABPM will not be performed because a white coat effect is unlikely to account for this degree of blood pressure elevation. Repeated cuff inflation when blood pressure levels are severely elevated will be uncomfortable and may cause arm bruising. If blood pressure readings are severely elevated, we suggest that drug treatment be initiated and/or referral to a hypertension specialist be considered. Referrals to the University of Alberta Hypertension Dyslipidemia Clinic can be faxed to 780-492-7277.

Our blood pressure monitor cuffs can accommodate a maximum arm circumference of 42 cm. Please keep this in mind when requesting this test.

If the patient is not fluent in English, please ask them to bring an interpreter.