

# **FIRST-CALL MEDICAL, INC.**

*The call that saves...*

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**Website: [www.HolterReport.com](http://www.HolterReport.com)**

## **Blood Pressure Monitor Patient Instructions**

### **Positioning the Cuff**

- Position the cuff on your arm (over the bicep) so that the tubing points up toward your shoulder.
- Make sure the arrow printed on the cuff is pointing over the center of your arm at the bend, not pointing at your elbow.
- Once the proper position is found, the cuff must be tightened to make a snug but not uncomfortable fit.
- Over the course of 24 hours, repositioning and adjusting the tightness of the cuff will be necessary.

### **Starting the Monitor**

- Make sure the tubing to the cuff is attached to the monitor. Be sure there are no kinks in the tubing.
- Turn the monitor **ON**. The **ON/OFF** switch is located at the base of the monitor.
- To start your first test, press the blue **START/STOP** button for several seconds.
- You will hear a tone alert. Relax your arm at your side. The cuff will inflate and a reading will be taken in 5 seconds.
- Please make note of the start time in your diary.
- The monitor will continue to inflate every 20 minutes during the day and every hour during the evening. **NOTE: The monitor will display the first 3-4 readings, after which the readings will be stored internally and ----- will appear on the screen.** Here is the inflation schedule:
- **Daytime readings: 6:00 AM to 10:00 PM (every 20 minutes)**
- **Evening readings: 10:00 PM to 6:00 AM (every hour)**
- If the monitor is unable to obtain a reliable reading at any time during the day or evening, the monitor will try again in 2 minutes.
- If you would like to take a reading at an unscheduled time, press the blue **START/STOP** button and a manual reading will be taken.
- Please add medication notes and activities or symptoms (related to your BP) in your diary.

### **Test Completion**

- When the 24 hours are complete, turn the **ON/OFF** switch to the **OFF** position.
- Return all monitoring equipment and diary in the FedEx return package.
- Call 1-800-GOFEDEX (1-800-463-3339) to arrange for an in-home pickup or place the package in a FedEx dropbox.

### **Tips for Success When a Reading is Being Taken!**

Relax your arm by your side \*\*\* Refrain from speaking \*\*\* Try to remain motionless