

Ambulatory Blood Pressure Monitoring



Cardiology services are provided in the Specialist Outpatient Clinic, Emergency Department, Intensive Care Unit and as an inpatient service. A full spectrum of care is provided to cardiac patients as well as healthy individuals who wish to reduce their future risk of cardiovascular disease. Our patients may be referred from the polyclinics or from private practitioners.

What is ambulatory blood pressure monitoring?

Your blood pressure is measured frequently by a doctor in the clinic. At times, it may appear higher due to nervousness or anxiety at being in a clinical setting. Blood pressure readings can also vary according to your physical activity. Ambulatory blood pressure monitoring or carrying a monitoring device with you allows your blood pressure to be measured at regular intervals in a day, whether you are awake or asleep. The information recorded on this device allows your doctor to study your blood pressure in a normal environment.



What is the purpose of this test?

It is a useful and reliable method to evaluate the type of hypertension a person may have. It is also used to assess the effectiveness of high blood pressure medication on a patient.

Before the test

- There is no need to fast.
- Continue taking your medication unless otherwise instructed by your doctor.
- Wear loose-fitting clothing that is preferably two-pieced (e.g. shirt or blouse and pants or skirt).
- No admission is required.



You are advised to come at least **15 minutes** before your appointment and call us in advance to reschedule if you are unable to come. You are required to return the device when you return to the hospital the next day.

During the test

Your height and weight will be taken before the test to determine your body mass index (BMI). A cardiac technologist will attach a blood pressure cuff to one of your arms and connect it to a portable blood pressure recorder strapped to your waist. The blood pressure cuff will inflate at pre-set intervals throughout a 24-hour period. You will be required to wear this device continuously.

You can go about your normal activities, but do avoid engaging in strenuous exercises or removing the cuff. Avoid showering, swimming or engaging in activities that can make the device wet.

For maximum accuracy, do not bend your arm and try to relax when the blood pressure cuff is inflating. A daily record sheet will be given to you to record your daily activities and highlight any symptoms you experience during this period.



Is the test safe?

There are generally no risks involved in ambulatory blood pressure monitoring. However, some patients may experience slight discomfort or itchiness where the blood pressure cuff inflates. Please inform the technologist or doctor if you encounter such discomfort. We strongly advise that you do not remove or tamper with the device as this could affect the validity of the test.

When will I know the results?

The recordings will be analysed and your doctor will inform you of your results during your next appointment.

Notes:

For more information

Ng Teng Fong General Hospital and Jurong Community Hospital

1 Jurong East St 21, Singapore 609606

www.ntfgh.com.sg | www.jch.com.sg

Clinic opening hours

Monday – Friday: 8.30am – 5.30pm

Saturday: 8.30am – 12.30pm (Selected clinics only*)

Dental Clinic: Monday – Thursday: 8.00am – 5.30pm, Friday: 8.00am – 5.00pm

*Please refer to our websites for more details.

General enquiries & appointments

General enquiries line: 6908 2222 (24-hr)

Fax: 6716 5500 | Email: contactus@nuhs.edu.sg

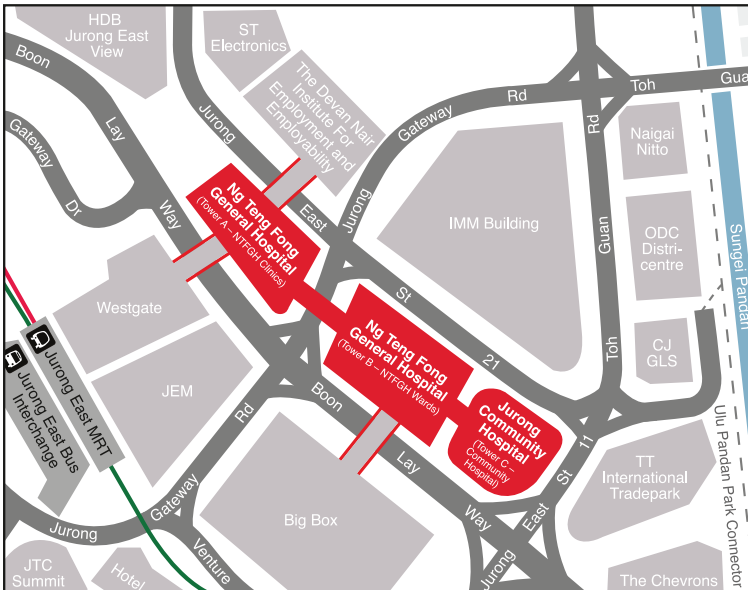
Appointment line: 6908 2222 (Monday – Friday: 8.00am – 5.30pm, Saturday: 8.00am – 12.30pm)

Fax: 6716 2200 | Email: appointment@nuhs.edu.sg

Dental appointment line: 6716 2233 (Monday – Friday: 8.00am – 5.30pm)

Fax: 6716 2200 | Email: JHCampus_Dental@nuhs.edu.sg

Getting there



By train

Alight at Jurong East MRT Station

By bus

Jurong East Bus Interchange

41, 49, 51, 52, 66, 66B, 78, 78A, 79, 79A, 97, 97E, 98, 98M, 105, 143, 143M, 160, 160A, 160M, 183, 183B, 197, 333, 334, 335, 506

Along Boon Lay Way

49, 99, 333, Private bus service 625, 990

Disclaimer:

The information in this brochure is meant for educational purposes and should not be used as a substitute for medical diagnosis or treatment. Please seek your doctor's advice before starting any treatment or if you have any questions related to your health, physical fitness or medical condition. Information is accurate at the time of printing.