



Why this diary matters

Your ABPM monitor automatically measures your blood pressure and heart rate while you go about your normal day. A clear diary helps your doctor relate each reading to your activity, posture and any symptoms. Record the exact time whenever possible.



Dear Patient:

It is possible that the ABPM may feel somewhat uncomfortable while your blood pressure is being measured, but it is very important to complete the test so that your doctor can gain a better understanding of your blood pressure (BP).

When you feel the cuff inflating, please stop your activity if possible and relax your arm.

PATIENT / STUDY DETAILS

Patient name:	_____	DOB:	_____
Medicare No:	_____	Clinic:	_____
Referring doctor:	_____	Return date/time:	_____
Start date/time:	_____	Monitoring period:	_____

WHEN TO MAKE AN ENTRY

Record an entry whenever:

- the cuff finishes a measurement while you are awake;
- you change activity or posture;
- you have symptoms such as headache, dizziness or shortness of breath;
- you take medication;
- you go to bed or wake up.

During cuff inflation:

Stop moving and relax your arm by your side until the cuff has deflated.

After the cuff deflates:

Write the time + activity/posture + symptom. If you have no symptoms, write Nil.

IMPORTANT: DO / DO NOT

DO

- continue your normal daily activities;
- take your usual medications if instructed by your doctor;
- keep your arm relaxed and still during each cuff inflation.

DO NOT

- allow the monitor or cuff to get wet;
- take part in rough/contact activities;
- remove the cuff unless instructed, except if you develop uncontrollable arm pain.

If you experience uncontrollable arm pain, remove the cuff and return the device to the clinic.

QUICK FACTS

24-48 HOURS

Keep the monitor on for the period instructed by your doctor.

AUTOMATIC

The cuff measures blood pressure and heart rate automatically.

COMFORT

Most people tolerate the test well. Brief cuff pressure is expected.

REPORT

Your doctor will generally receive the report within 24-48 hours.

EXAMPLE DIARY ENTRIES

TIME	ACTIVITY / POSTURE	SYMPTOMS	MEDICATION / NOTES
8:10 AM	Walking	Headache	
8:30 AM	Eating	Nil	
8:35 AM	Sitting	Nil	Medication taken
10:45 PM	Went to bed	Nil	
6:30 AM	Woke up	Nil	

Please return this diary with the ABPM monitor, even if you have no symptoms.



Use one row after a cuff measurement, for a change in activity/posture, medication, bedtime or wake-up time. If you have no symptoms, write Nil.

Patient name: _____

Start date/time: _____

TIME	ACTIVITY / POSTURE	SYMPTOMS	MEDICATION / NOTES

During a reading: Stop moving and relax your arm by your side until the cuff has deflated. Then record the time, what you were doing, your activity/posture and any symptoms.

Return: Return the monitor and this diary as instructed by the clinic.