

Your physician has requested that you wear a Blood pressure recorder for 24 hours to obtain a record of your blood pressure activity. Prior to your appointment:

**DO**

- have a bath or shower.
- wear a blouse or shirt that has short sleeves or very loose fitting sleeves.

While you are wearing the Blood pressure recorder, please continue with your normal activities WITH THE FOLLOWING EXCEPTIONS:

**DO NOT**

- shower, bathe or swim without taking the blood pressure device OFF.
- adjust the recorder.

**Things to record in your diary:**

- the time and the activity you are doing (e.g. walking, running, gardening, eating, sleeping, bowel movements, urinating, etc.)
- ANY symptoms such as pain, pressure, dizziness, shortness of breath, etc.