



Pressure holter - Instructions for use

This examination method is used to detect abnormal blood pressure values or, in already treated patients, to assess the correct treatment.

For a period of 24 hours, the device will measure your blood pressure at regular intervals of 30 minutes during the day and 60 minutes during the night.

At the time of measurement **relax and don't bend your arm**, which the cuff is on, and leave it still for the duration of the measurement. Furthermore, if possible, **don't move and don't talk**. This will prevent vibrations that can distort the measurement.

The device is small and it is desirable to **carry out all the daily activities you are used to**. We recommend a normal **daily routine**, to evaluate the response of blood pressure to your normal daily workload. However, extremes in daily regimes (even if they are "normal" for you) are not suitable for pressure monitoring - e.g. all-day driving, combat sports.

For the correct evaluation of the examination, it is necessary to conduct a record **of daily activities** - the latter is absolutely essential for the evaluation of blood pressure compensation because what can be normal pressure during exercise can be considered pathological at rest. Put it in your notebook and record **the course of your daily activities, possibly unwanted symptoms and feelings**.

During the examination, it is necessary to avoid moving near sources of a strong magnetic field (electric motors, welding machines, etc.) and further, the **device must not come into contact with water**.

After returning the device, the values are read by a computer and then evaluated by a doctor.

The total duration of the examination is 23 hours. No special preparation is required for this examination. If you rent the device over the weekend, please remove the batteries from the device after 11 p.m.