

# Ambulatory Blood Pressure Monitoring

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## What is ABPM?

Ambulatory Blood Pressure Monitoring (ABPM) is when your blood pressure is being measured as you move around in your daily life, including when you sleep. ABPM provides a more accurate measure of blood pressure than single measurements that you may get at home or at the doctor's office. APBM devices are small, portable, digital blood pressure machines connected to a cuff that goes around your upper arm. The devices are programmed to take blood pressure readings at regular intervals.

## What to expect at your visit

ABPM requires a 30 minute appointment at our center to be given the ABPM device. A coordinator will teach you how the monitor works and will ask you some basic questions about your health.

## What to expect after your visit

After 24-hours, you will return the device to our center. Once the device is returned, a physician will analyze your results and provide you and your referring physician with a summary of your blood pressure health.

## Directions to our office

Columbia University Medical Center  
622 W 168th Street, PH 9-300  
New York, NY 10032  
(between Broadway and Fort Washington Avenue)

Take the **A, C or 1** train to the 168th Street Station

Enter the Presbyterian Hospital building on W 168th St. at the circular driveway (the building sign says, College Of Dental Medicine)

Tell the security desk that you have an appointment on the 9th floor of the Presbyterian Hospital Building and they will give you a visitor pass.

Walk straight back past the security desk until you see the Presbyterian elevators (there are 6 elevators in this lobby). Take the elevator to the 9th floor where you will see signs for our ActiveBP office.

If the ActiveBP office door is not open, please take a seat in the lobby chairs.

## FAQs about ABPM

### Do I need to prepare the night before?

No, you can do everything that you normally do the night before starting your test.

### Do I need any special attire?

We recommend that you wear a loose shirt, tank top, short-sleeved shirt or button down so that you can comfortably wear the blood pressure cuff on your upper arm.

### How often will my blood pressure be measured?

Your blood pressure will be measured every 30 minutes. During the day, the device will beep to warn you a measurement is about to be taken. During the night, the device will not beep while you are sleeping. If an accurate measurement cannot be obtained due to motion or some other reason, then the device will attempt a second measurement 1 minute later.

### Do I have to wear the device while I sleep?

Yes. We realize it can be uncomfortable to wear the device during sleep. Measurements obtained during sleep, however, can provide useful information about your blood pressure health. We recommend that you try to wear the device during sleep.

### What happens if I can't sleep with it on?

If you are unable to continue monitoring during sleep, you may turn off the device and remove it till the morning. When you put the device back on in the morning, remember to turn the device back on.

### Do I shower with it?

No, you should remove and turn off the device when showering.

### Can I exercise with the device?

Yes. You can perform light exercise with the device on. We recommend that you remove the device during strenuous exercise such as sports or running. The device also should not be placed in contact with water.

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Call or email our office to schedule an appointment or if you have any questions about insurance and billing!

**212-342-1273**  
**activebp@cumc.columbia.edu**