

Ambulatory Blood Pressure Monitoring and Holter Monitoring

Your doctor has referred you to have Ambulatory Blood Pressure Monitoring and/or Holter Monitoring.

These tests are performed at selected Sullivan Nicolaides Pathology collection centres. **Appointments are required.** For the location and telephone number of your nearest collection centre, please visit www.snp.com.au or telephone Patient Services Support on (07) 3377 8666 (freecall 1800 777 877 for callers outside Brisbane).

These tests require you to wear a small monitor for a 24 or 48 hour period. In order to prepare for these tests please:

- Shower before your appointment as you cannot shower again until the monitor is removed
- Wear loose, 2-piece clothing with short sleeves for ease of fitting and removal of the monitor
- Bring a list of your medications

Holter test

- Do not use moisturising lotion, powders, perfume, aerosol deodorants etc after your shower.
- You will be unable to have X-Rays or scans while wearing the monitor and must avoid electromagnetic fields.
- Males may require their chest to be shaved. This can be done prior to their appointment if preferred.



IMPORTANT!

Please note: If you experience any of the following symptoms whilst the monitor is being worn, please contact your GP or relevant health care professional:

- Dizziness
- Heart Palpitations
- Chest Pain
- Extra Beats
- Shortness of breath
- If you faint

DO NOT wait until your removal appointment if you experience pain, discomfort or have any concerns regarding your health

FEES

Holter monitor service: There is an out-of-pocket expense for this test. An account for the full amount of the test will be sent to the patient. The full account will need to be paid before a Medicare rebate can be issued.

Visit www.snp.com.au for current pricing schedule.

Ambulatory blood pressure monitor service: An account for the full amount of the test will be sent to the patient. There is no Medicare rebate for this service.