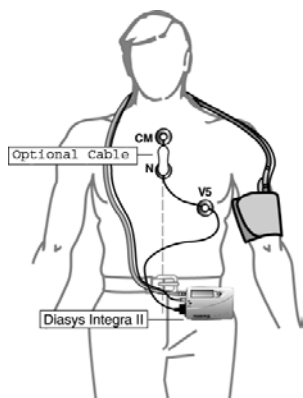


Patient Guide

The Novacor Diasys Integra recorder is a light, comfortable and unobtrusive Ambulatory Blood Pressure monitor that you can wear whilst going about your normal daily routine.

This guide has been produced to answer some of the questions that you may have whilst wearing the monitor



Your Doctor or Nurse will have chosen the best way for you to wear the monitor depending upon your individual situation.

You should wear the monitor continuously during the test period as instructed by your doctor or nurse. You may have been asked to refrain from bathing during the 24 hour test. It is important that you **DO NOT ALLOW THE MONITOR TO GET WET!**

Blood Pressure Measurements

1. The monitor has been programmed to take your blood pressure at regular intervals during the day and night.

2. Your Doctor or Nurse will advise you of the approximate intervals chosen for each measurement. For example the monitor may be programmed to take your Blood Pressure every 30 minutes during the day and every 60 minutes at night. These intervals may vary according to your individual circumstances and your Doctors recommendations.

3. It is important that during each measurement (cuff Inflation & deflation) you keep your arm as still and as relaxed as possible. This will ensure that each measurement is made quickly and accurately with the minimum of inconvenience to you. You should sit or stand still for the duration of each measurement (cuff inflation and deflation) with your arm relaxed across your lap or down by your side. It is important to avoid moving your hand or fingers.

4. You can continue with your normal daily activities at all other times.

5. The Cuff can sometimes inflate to high pressures and become quite tight around your arm in order to successfully measure your blood pressure. This can sometimes cause minor, short term discomfort but should not become excessive. A safety device within the monitor will ensure that the cuff will not remain inflated for longer than 120 seconds.

6. From time to time, you may notice more frequent measurement intervals. Every couple of minutes for instance.....This is quite normal.

If You Feel Symptoms

If you feel any symptoms such as chest pain, dizziness or palpitations for example, you can make special additional measurements by pressing the red button on the front of the monitor once.



If possible, you should write down the time and date of your symptoms and what you were doing when you felt them. This information can be useful to the doctor and should be given to him when you return the monitor.

