



SNAP2 Ambulatory Blood Pressure Monitoring: A guide for Participants

Thank you for taking part in the SNAP2 study. These instructions explain how to use and wear the Ambulatory Blood Pressure Monitor.

We are collecting 24 hours of readings, the monitor should be started as close to 7am as possible and removed at 7am the following day. The monitor is programmed to take readings every 30 minutes from 7am to 7am the following morning. If the monitor fails to obtain a reading, it will try again a second time. During the day you will hear a beep before the monitor takes a reading, please sit as still as possible when you hear this. At night the monitor will not beep before taking a reading. The monitor will not display the readings.

You do not need to modify your activity on the day you wear the monitor, however it is better to do the monitoring when you are at home in a more relaxed state.

Please also note the monitor is an electric device so please take it off and put on again if you are taking a shower. Please do not swim or do any strenuous activity whilst wearing the monitor.

Please make sure to turn the monitor off and remove the batteries before sending back to us. The pre-paid return postage material is included in the parcel.

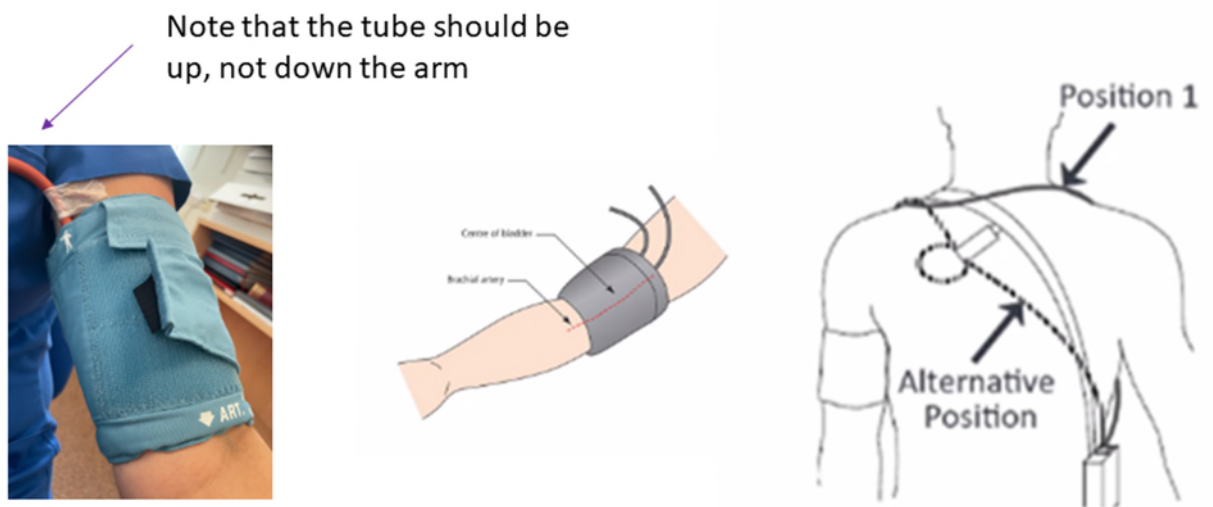
You can find more information about the 24hr blood pressure monitoring, on our website here: <https://www.phctrials.ox.ac.uk/recruiting-trials/snap-2/24-hour-blood-pressure-monitoring>

Or, scan the QR code:





1) Fitting the monitor



- If possible, shower before you fit your monitor and leave on for 24 hours.
- Wear the monitor underneath any clothing.
- The cuff can be worn on either arm and should fit snugly.
- The 'artery' (ART.) arrow on the cuff should line up with the middle of your inner elbow.
- The tube should go upwards over your shoulder (your regular BP monitor goes downwards).
- There is a strap provided.
You can wear the monitor box either over your shoulder or across your back as shown in the diagram above.
- Check regularly that the cuff remains in the correct position on your arm.
If the cuff causes severe discomfort, switch the monitor off, reposition the cuff and switch back on again.



2) Turning on the monitor



- Once you have fitted the cuff, turn the monitor 'on' using the small black switch at the back of the box.
- Switch it from 'O' to 'I' to turn the device on.
- When you see a time displayed on the device screen then the device is ready to start.

3) Starting the blood pressure monitoring episode

- When you are ready to start the blood pressure monitoring episode (cuff is in place and the monitor is on), press the blue button.
- The monitor will count down from five and the first BP reading will start and you will feel the cuff inflate.
- The device will display dashes only once the reading has been taken, it will not show you the result of the reading.
- Place the monitor into the black case and fasten the Velcro flap. Using the strap attached to the black case you can wear the monitor box over your shoulder or across your back as shown in the diagram on page 2.
- So long as the cuff is inflating regularly (every 30 minutes) then you know it is working.





Note: you will hear 2 beeps just before the monitor is going to inflate in the day. The monitor may inflate a second time after 5 minutes if it's not been able to obtain a reading the first time, please keep your fist relaxed and remain completely still whilst the cuff inflates and deflates. We need as many good readings as possible so it is important that the monitor is able to take another reading if needed.

The monitor will not show you the readings and it stores all the readings automatically. You do not need to record anything yourself.

4) Finishing the blood pressure monitoring episode

When you have completed the 24 hour blood pressure monitoring episode, you can simply switch off the device using the small black switch at the back of the monitor. Please remove the batteries from the back of the device and place the monitor and cuff inside the brown padded envelope. Seal this and then put it inside the grey plastic bag. Seal the bag and stick the pre-paid label on. **Take to your nearest post box or post office at your earliest convenience. It is important to do this promptly as we will need to use the monitor for the next participant.**

If you have any problems or mislay the envelope, please contact SNAP2 team on snap2trial@phc.ox.ac.uk or 0808 252 4539

If you have any questions, queries or concerns please don't hesitate to contact the SNAP2 team on snap2trial@phc.ox.ac.uk