

How to take your blood pressure at home

Before you take your reading:

- You should not smoke, have a drink containing caffeine (such as coffee) or exercise for 30 minutes before you take your blood pressure reading.
- You should also avoid measuring your blood pressure when you need to use the toilet.
- It is important that you always measure your blood pressure in the same arm.
- You should use the arm which your doctor or nurse uses when they take your blood pressure, or whichever arm they ask you to use.
- Do not wear any tight or restrictive clothing around the arm you are measuring your blood pressure in. For example, you should avoid rolling up tight shirt sleeves.
- You should rest for at least five minutes before measuring your blood pressure

Taking your reading:

- Comfortable, with no distractions
- No talking please.
- Arm supported at heart level
- Seated with back support
- Feet flat on the floor (You should not cross your legs as this can raise your blood pressure.)



Take at least two readings, leaving at least a minute between each.

After each measurement, you should write the reading down in this leaflet.

Remember to write down the exact numbers that appear on the screen- do not round the numbers up or down.

If the first two readings you take are very different, take 2 or 3 further readings.

Blood pressure readings



Week commencing: (date):

Patient name:

Patient's date of birth:

Date of the first morning:	First Reading	First reading	Second reading	Second reading
	Top number (Systolic)	Bottom number (Diastolic)	Top number (Systolic)	Bottom number (Diastolic)
Morning 1	/	/	/	/
Evening 1	/	/	/	/
Morning 2	/	/	/	/
Evening 2	/	/	/	/
Morning 3	/	/	/	/
Evening 3	/	/	/	/
Morning 4	/	/	/	/
Evening 4	/	/	/	/
Morning 5	/	/	/	/
Evening 5	/	/	/	/
Morning 6	/	/	/	/
Evening 6	/	/	/	/
Morning 7	/	/	/	/
Evening 7	/	/	/	/

Any comments, difficulties or questions?

Machines are available to borrow from Leigh View Medical Practice for a 1 week period at a time (max). Please ask at Reception for availability.

If you are someone who would prefer to have your own blood pressure monitor at home, please see below for details of machines which have been approved by the British Hypertension Society.

A&D	UA-705	<i>Upper Arm</i>
A&D	UA-704	<i>Upper Arm</i>
Andon	iHealth Track KN-550BT (Derivative of Andon	<i>Upper Arm</i>
Boots	Upper Arm BPM 56-90-420 (HEM-7115-BS)	<i>Upper Arm</i>
Boots	Upper Arm BPM 56-90-447 (HEM-7101)	<i>Upper Arm</i>
Braun	BP VitalScan Plus 1650	<i>Upper Arm</i>
Citizen	CH 656C	<i>Wrist</i>
Citizen	CH 432B	<i>Upper Arm</i>
Health & Life	HL888HA	<i>Upper Arm</i>
HoMedics	BPA 2000 (Derivative of Transtek TMB 986)	<i>Upper Arm</i>
HoMedics	BPW 1000 (Derivative of Transtek TMB-988)	<i>Wrist</i>
Honsun / Suresign	LD30 (Derivative of LD 578)	<i>Upper Arm</i>
Honsun / Suresign	LD 3 (Derivative of LD 578)	<i>Upper Arm</i>
Honsun / Suresign	LD 578	<i>Wrist</i>
Microlife	BP3AG1 (Derivative of 3BTO-A	<i>Upper Arm</i>
Omron	M2 Compact (HEM-7102-E)	<i>Upper Arm</i>
Omron	ProLogic PL100 (HEM-7101-PR) (Derivative of Omron M2 Compact (HEM-7102-E))	<i>Upper Arm</i>
Omron	M2 Basic (HEM-7116-E) (Derivative of M3-I	<i>Upper Arm</i>
Seinex (Forecare)	SE-9400	<i>Upper Arm</i>

Blood Pressure

Home monitoring form



BP machine on loan from practice ?

The readings should start tomorrow morning, and be for 7 consecutive days.

This machine MUST be returned by: _____

(We always have a waiting list for machine use, so please do return items promptly)