

HOME BLOOD PRESSURE MONITORING

Now that you have access to a home Blood Pressure monitor, you have taken the first steps towards playing an active role in the care of your hypertension

There are a few simple steps that you can follow to be sure that you get an accurate reading of your blood pressure:

1. **Beforehand, avoid things that make your blood pressure rise for a short time**

- Needing the toilet can affect your BP: make sure you go to the toilet before using your machine.
- Do not eat a big meal for one hour before using your BP machine.
- Do not drink caffeine or smoke for 30 minutes before using your BP machine.
- If you are anxious or uncomfortable, this will also affect your reading.

2. **Be comfortable**

- Wear loose-fitting clothes with short sleeves, so that you can push your sleeve up comfortably.
- Before you take your reading, rest for 5 minutes. You should be sitting down in a quiet place, preferably at a desk or table, with your arm resting on a firm surface and your feet flat on the floor.
- The cuff around your upper arm should be at the same level as your heart, so you may need to support your arm with a cushion to be sure it is at the correct height. Your arm should be relaxed, not tensed.

3. **Be consistent**

Always use the same arm for BP readings, as each arm will give you a slightly different reading. If possible, use the arm that your doctor or nurse uses when measuring your blood pressure.

How to take your blood pressure reading:

Now you are ready to take your blood pressure; [here's how](#)

1. Put the cuff on, following the instructions that came with your monitor. *(Check the instructions that came with the monitor, to make sure the tubing is in the correct position).*
2. Press the button to inflate the cuff.
3. When you are taking your reading, keep still and silent. Moving and talking can affect your reading.
4. Take two or three readings, each about 2 minutes apart and take a note of the lowest reading.
5. Mark the readings down on the BP Reading Log and submit to us either by email, post or bringing into the surgery. It's a good idea to submit your readings every 4-6 months.

Your Blood Pressure Target

Your blood pressure target will be discussed with you by the nurse or doctor when you attend to review your condition.

If your home readings are higher than your target and you have followed the instructions, please repeat the readings on the next two days, continuing to follow the instructions carefully.

If the readings remain above target, then please contact the practice on 01937 845854 and make an appointment to speak with a doctor.

My target blood pressure

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