

Home blood pressure record

Name: _____

D.O.B _____

Example: Date & time	am 1 120/80 2 140/90 3 145/88	pm 1 150/95 2 144/83 3 141/77
Day 1	am 1 _____/_____ 2 _____/_____ 3 _____/_____	pm 1 _____/_____ 2 _____/_____ 3 _____/_____
Day 2	am 1 _____/_____ 2 _____/_____ 3 _____/_____	pm 1 _____/_____ 2 _____/_____ 3 _____/_____
Day 3	am 1 _____/_____ 2 _____/_____ 3 _____/_____	pm 1 _____/_____ 2 _____/_____ 3 _____/_____
Day 4	am 1 _____/_____ 2 _____/_____ 3 _____/_____	pm 1 _____/_____ 2 _____/_____ 3 _____/_____
Day 5	am 1 _____/_____ 2 _____/_____ 3 _____/_____	pm 1 _____/_____ 2 _____/_____ 3 _____/_____
Day 6	am 1 _____/_____ 2 _____/_____ 3 _____/_____	pm 1 _____/_____ 2 _____/_____ 3 _____/_____
Day 7	am 1 _____/_____ 2 _____/_____ 3 _____/_____	pm 1 _____/_____ 2 _____/_____ 3 _____/_____

Average of ____ days readings _____/_____

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Home Blood Pressure Monitoring

Patient Information Leaflet

Routine blood pressure monitoring in people diagnosed with high blood pressure

If you were told by a doctor that you have high blood pressure it may be a good idea to purchase your own blood pressure machine. A good quality blood pressure machine can be obtained for around £20 and most people find it easy to use after a short tutorial.

Click here to find a list of validated blood pressure machines for home use:

<https://bihsoc.org/bp-monitors/for-home-use/>

Please also watch this video on how to check your blood pressure at home:

<https://www.youtube.com/watch?v=GSNZVaW1Wg4>

To ensure that the readings you take are accurate please follow these simple instructions:

- Always sit in a chair for 5 minutes before taking your blood pressure with your feet flat on the floor
- Ensure that the cuff is placed in the correct position on your arm. You can use either arm, but we suggest that you always use the same arm
- Rest your arm on a table or chair arm, in a comfortable supported position ensuring that the cuff is level with your heart
- Measure your blood pressure **twice a day taking two or three readings each time, separate these readings by about 30 seconds to 1 minute**
- Keep a record of the readings
 - Don't rush when taking your blood pressure
 - Don't talk or move while taking your blood pressure
 - Empty your bladder before taking your blood pressure
 - Avoid taking your blood pressure for 30 minutes to 1 hour after:
 - An exercise session
 - A large meal
 - Smoking a cigarette
 - Drinking a strong black coffee (filter)
 - Getting out of bed in the morning

The **average home blood pressure reading** should be equal to or lower than **135/85**

You may want to use the diary on the back of this leaflet to make a note of your blood pressure readings

Please take your blood pressure twice a day for **four to seven days**

Record morning and evening blood pressures, taking two or three readings each time

If your blood pressure reading is 180/120 or higher, please contact the practice or 111 immediately for further advice

We would like you to tell us what your average home blood pressure is by phone **01782 746 898** or by email trentvale.medicalpractice@nhs.net

If you don't want to calculate your average blood pressure, please email us all your readings and we will do this for you. If you don't have an email address please leave your readings in the prescription box outside the practice main entrance

If you were told that your blood pressure was well controlled at your last review, we would like you to inform us of your readings once a year in the month of your birth to find out if your blood pressure is still within normal range

If you were told that we would like to hear from you sooner, please contact us as advised. Usually it would be about a month after any change in your blood pressure medication or after about 1-2 weeks after an abnormal blood pressure reading

You can find more information about high blood pressure in the links below:

General information about high blood pressure:

<https://www.bhf.org.uk/information-support/risk-factors/high-blood-pressure>

Healthy living advice:

<https://www.bhf.org.uk/information-support/support/healthy-living>