



Home Blood Pressure monitoring

		Morning		Evening	
		Systolic	Diastolic	Systolic	Diastolic
Day 1	Reading 1				
	Reading 2				
Day 2	Reading 1				
	Reading 2				
Day 3	Reading 1				
	Reading 2				
Day 4	Reading 1				
	Reading 2				
Day 5	Reading 1				
	Reading 2				
Day 6	Reading 1				
	Reading 2				
Day 7	Reading 1				
	Reading 2				

'Systolic' is the higher top number, 'diastolic' is the bottom lower number

Example

Day 1 morning reading 1 = 145/95, reading 2 = 139/89

Day 1 evening reading 1 = 144/96, reading 2 = 150/99

		Morning		Evening	
		Systolic	Diastolic	Systolic	Diastolic
Day 1	Reading 1	145	95	144	96
	Reading 2	139	89	150	99



DUKINFIELD MEDICAL PRACTICE

Patient Information Leaflet: How to take and accurately record blood pressure at home

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How to take your blood pressure

You have been loaned a blood pressure monitor by the practice for you to measure your blood pressure each day for seven days. Below are instructions on how to take your blood pressure correctly.

Please use the table on the back of this booklet to record your blood pressure readings

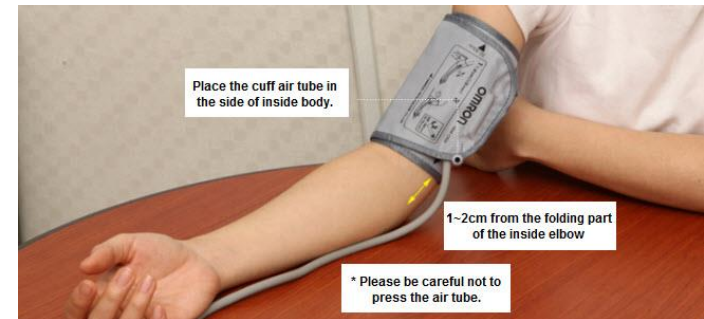
Before you take your reading

1. Many things can make your blood pressure rise for a short time. Make sure you do not need to use the toilet and that you have not just eaten a big meal. Do not measure your blood pressure within 30 minutes of drinking caffeine or smoking.
2. Remove any tight or restrictive clothing from your arm. For example, restriction caused by rolling up shirt sleeve.
3. Always use the same arm for readings, as each arm will give you a slightly different reading.
4. Before you take your readings, rest for a few 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.
5. Make sure that your arm is supported and that the cuff around your arm is at the same level as your heart.

6. Place hand on a flat surface with the palm facing up and with the rubber tube running down the centre of the arm

7. Place the cuff 1~2cm above the elbow joint

8. Turn the cuff end outwards and tighten it by pulling it through the metal loop. To get the correct tightness of the cuff, you should be able to fit two fingers under the cuff.



9. When you are taking your reading keep still and silent. Moving and talking can affect your reading.

10. Record your reading on the monitoring sheet provided.

11. For 7 days of readings, take two readings each morning, 2-5 minutes apart, and 2 readings each evening, 2-5 minutes apart. Record these on the monitoring sheet.

DO NOT BE ALARMED IF YOU GET AN UNEXPECTED HIGH READING. A one off reading may be nothing to worry about. Measure your blood pressure again at a later time but if you find that it continues to be high after a period, contact the GP practice for further advice.