

TAKING A HOME BLOOD PRESSURE READING

1. Measure your BP in both arms to determine which arm should be used for future measurements. The arm that gives the higher systolic reading (top number) should be used for all further readings.
2. Please monitor and record your blood pressure readings for 7 consecutive days (unless advised otherwise).
3. On each day, monitor BP on 2 occasions, ideally in the morning (between 06:00-12:00) and evening (between 18:00 and midnight).
4. On each occasion take a minimum of 2 readings, at least 1 minute apart. If the first two readings are very different (i.e more than 20mmHg difference in the top number and more than 10mmHg difference in the bottom number, then take 2-3 further readings. DOCUMENT THE LOWEST OF THE 2-3 FURTHER RERADINGS IN THE CHART PROVIDED.
5. Place the cuff on your arm with the lower edge of the cuff approximately 2cm above the bend in the elbow. No tight or restrictive clothing should be worn around the arm when taking readings.
6. Please be seated, relaxed and at rest for a minimum of 5 minutes before taking a measurement and you should not have smoked, eaten or drunk a caffeinated drink or undertaken any physical activity within the past 30 minutes.
7. The device you use to measure should be used as per the manufacturer's instructions to produce a blood pressure reading. Manufacturer's instructions may also provide further guidance in relation to the appropriate use of the device.
8. Record your BP readings in the chart you would have been provided with. The numbers you write down should be the same as shown in the monitor- DO NOT ROUND THE NUMBERS UP OR DOWN. You do not need to record your pulse/heart rate.