

Checking your blood pressure at home

Avoid eating, exercise or taking medication before your reading. Don't drink caffeine or smoke for 30 minutes before your reading, as these can temporarily raise blood pressure.

Empty bladder first.

Sit quietly for 5 minutes before taking your reading. Be still and silent whilst the reading is taken - talking and moving both affect accuracy.

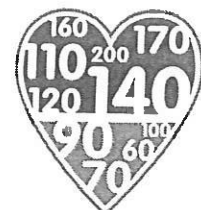
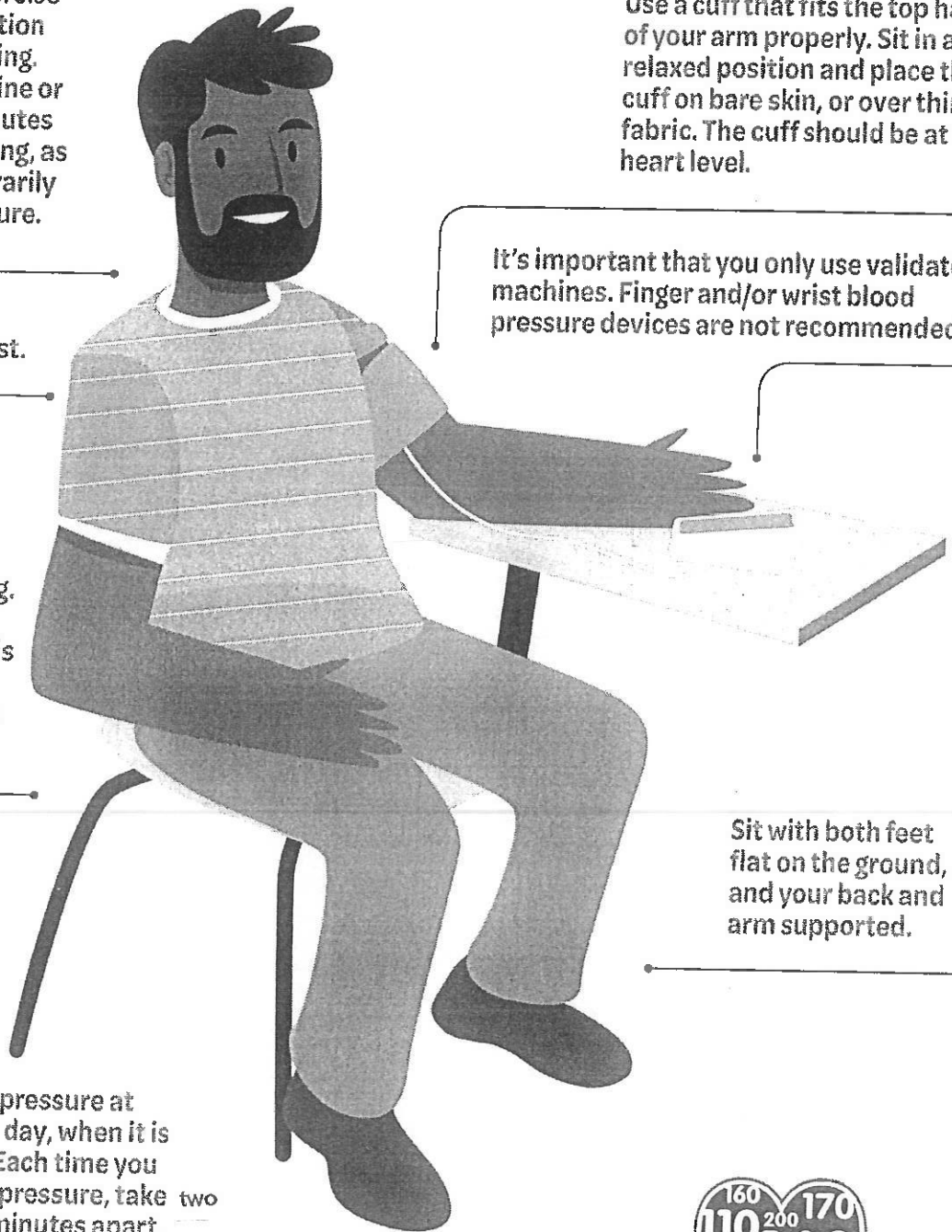
Use a cuff that fits the top half of your arm properly. Sit in a relaxed position and place the cuff on bare skin, or over thin fabric. The cuff should be at heart level.

It's important that you only use validated machines. Finger and/or wrist blood pressure devices are not recommended.

Sit with both feet flat on the ground, and your back and arm supported.



Measure your blood pressure at the same time every day, when it is convenient for you. Each time you measure your blood pressure, take two measurements, 1-2 minutes apart.



Learn more at
bloodpressureuk.org
#KnowYourNumbers

Blood Pressure
UK

Helping you to lower your
blood pressure

Name: _____
 Date of Birth: _____
 Address: _____

Home blood pressure monitoring diary and instructions

Please let your GP practice know if recording your blood pressure at home is difficult for you.



Every morning and again every afternoon, for 7 days, we'd like you to take two blood pressure readings, one minute apart. Please do this within the next month.

It's important you are relaxed and have been resting when you take your blood pressure. Sit comfortably with your arm by your side and your feet on the floor.

Place the cuff above your elbow and tighten it over your arm, make sure you can fit two fingers under the cuff. When you are ready to check your blood pressure - **relax**.

Press **ON** and then the **START** button. You will feel pressure on your arm, but don't worry, this will stop and then reduce.

SYS **135**
 DIA **85**
 PUL **73**

You will see three numbers which you need to write in the table below. The first number (systolic - SYS) / a second number (diastolic - DIA), and your pulse rate.

Day	Time	1st blood pressure (SYS) / (DIA)	1st pulse	2nd blood pressure (SYS) / (DIA)	2nd pulse
Practice day 1	Morning	/		/	
	Evening	/		/	
2	Morning	/		/	
	Evening	/		/	
3	Morning	/		/	
	Evening	/		/	
4	Morning	/		/	
	Evening	/		/	
5	Morning	/		/	
	Evening	/		/	
6	Morning	/		/	
	Evening	/		/	
7	Morning	/		/	
	Evening	/		/	

If you are confident, please work out your average blood pressure and pulse rate and write them in the table below. **Your GP Surgery can do this if you don't feel able to.**

To work out your averages add up all the systolic (SYS) numbers for days 2-7 (miss out the practice day) and divide this by the total number of readings you've counted. Do the same for the diastolic (DIA) numbers and then again for your pulse.

Your average blood pressure Average pulse

Please give your readings to you GP surgery, by hand, by post or email. (Add local instructions here)

dg.annannorth@nhs.scot

Or online: Please use the specially designed MS Excel diary file to record your blood pressure readings which will automatically calculate your average blood pressure reading. [Click here](#) to download the Excel file.

Additional information: The British Heart Foundation has information and videos to help you manage your blood pressure and details of recommended blood pressure machines to buy:

www.bhf.org.uk/information/support/support/manage-your-blood-pressure-at-home