Guide for Patients

**Home blood pressure monitoring**

* Before you start

For recommended blood pressure machines see The British Hypertension Society website http://www.bhsoc.org/blood\_pressure\_list.stm

Ensure your machine has been calibrated at the practice at least once a year.

* Taking measurements

For a video explanation http://www.bpassoc.org.uk/BloodPressureandyou/Thebasics/Homemonitoring

Ensure you are sitting down in a quiet place with your arm resting on a firm surface and your feet flat on the floor – follow the instructions that came with your machine.

Each time you are going to take your blood pressure – take **3 consecutive measurements**, at least **1 minute apart** and **record both** these results

Record blood pressure **twice daily** – ideally morning and evening

Continue to record your blood pressure for 7 days. Write down all your results including the time of day.

We will take the average readings **after excluding the first day.**

* Target blood pressure values

Ideally your blood pressures should be below these levels most of the time, but it is not always possible and we appreciate this. For readings taken at the surgery, we allow an extra 5 on each reading.

If under 80 years old target average blood pressure from home readings is **135/85**

If 80 years or older target average blood pressure from home readings is **145/85**

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| **Date** | **Morning****reading 1** | **Morning reading 2** | **Evening reading 1** | **Evening reading 2** | **Daily Average** |
| **e.g. 8/8/11** | **140/83** | **138/85** | **133/77** | **130/78** | **XXX** |
| **Day1** |  |  |  |  |  |
| **2** |  |  |  |  |  |
| **3** |  |  |  |  |  |
| **4** |  |  |  |  |  |
| **5** |  |  |  |  |  |
| **6** |  |  |  |  |  |
| **7** |  |  |  |  |  |
| **Overall average** |  |