* **BLOXWICH MEDICAL PRACTICE**

 **HOME BP MONITORING INSTRUCTIONS**

* **You are being asked to measure your blood pressure at home to help us decide if you do have a raised BP or if you just get a raised BP at the Doctor’s – white coat hypertension as it is called. The nurse will show you how to record your BP with one or our machines. If you have one of your own then it needs to be compared with one of our calibrated ones to be sure it is accurate.**
* **Make sure the cuff fits.**
Measure around your upper arm and choose a monitor that comes with the correct size cuff.
* **Be still.**
Don't smoke, drink caffeinated beverages or exercise within the 30 minutes before measuring your blood pressure.
* **Sit correctly.**
Sit with your back straight and supported (on a dining chair, for example, rather than a sofa). Your feet should be flat on the floor; don't cross your legs. Your arm should be supported on a flat surface (such as a table) with the upper arm at heart level. Make sure the middle of the cuff is placed directly over your brachial artery. Check your monitor's instructions for an illustration or have your nurse show you how.
* **Take multiple readings.**
Each time you measure, take three readings one minute apart and record all the results. For the purposes of diagnosing high blood pressure, we need 3 readings twice daily for 3 days.
* **Measure at the same time daily.**
It's important to take the readings at the same time each day, such as morning and evening, or as your nurse recommends.
* **Accurately record all your results.**
Record all of your readings, including the date and time taken.

**NAME: GP: DOB:**

 **TIME AM TIME PM**

**Example 10am 1 140/80 2pm 1 140/80**

**DAY 1 1 1**

 **2 2**

 **3 3**

**DAY 2 1 1**

 **2 2**

 **3 3**

**DAY 3 1 1**

 **2 2**

 **3 3**