**HOME BLOOD PRESSURE MONITORING**

**How to use a blood pressure monitor**



How to use a blood pressure monitor

**Simple steps to an accurate reading**

There are a few simple steps that you can follow to be sure that you get an accurate reading of your blood pressure. **You should do this twice a day for five to seven days.**

**Before you take your blood pressure 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.** Wear loose-fitting clothes like a short sleeved t-shirt so that you can push your sleeve up comfortably.

**3.** Always use the same arm for blood pressure readings, as each arm will give you a slightly different reading. If possible, use the arm that your doctor or nurse uses when measuring your blood pressure.

**4.** Before you take your readings, rest for five 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 your arm is supported and that the cuff around your arm is at the same level as your heart. You may need to support your arm with a cushion to be sure it is at the correct height. Your arm should be relaxed, not tensed.

**How to take your blood pressure using a home blood pressure monitor**

**1.** Put the cuff on as demonstrated at your appointment with the Nurse.

**2.** Make sure you are relaxed and comfortable. If you are anxious or uncomfortable, this will make your blood pressure rise temporarily.

**3.** When you are taking your reading, keep still and silent. Moving and talking can affect your reading.

**4.** Take two readings, each about five minutes apart

**5.** Record your reading, on the sheet provided.

**Tips on taking blood pressure readings**

* Do not round your measurements up or down – if you don’t keep accurate records of your blood pressure it may affect the treatment you receive.
* 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 another time, but if you find that it continues to be high after a period of time, see your doctor or nurse.
* Do not check your blood pressure too often –  you may become worried or stressed about small changes in your reading. This can raise your blood pressure in the short-term. Worrying about your blood-pressure reading may actually make it higher.

**HOME BLOOD PRESSURE MONITORING**

Name

 DOB

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| **Date** | **Time****AM** | **Reading 1** | **Reading 2** |  | **Time****PM** | **Reading 1** | **Reading 2** |
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Please return this sheet to the Practice.