

NEW ROAD SURGERY

46 New Road

Bromsgrove

Worcestershire

B60 2JS

Telephone 01527 575 800

Website www.newroadsurgery.com



HOME BLOOD PRESSURE MONITORING

Instructions For Use:

Aim: To obtain a variety of blood pressure readings in the comfort of your own home

- ❖ Take your blood twice daily, ideally morning & evening when you have the opportunity to sit down for 5-10 minutes.
- ❖ Ensure you are seated and your arm is well supported. Loosen tight clothing. Insert the arm into the cuff making sure the green marking is approximately 1" above the inner elbow crease. Secure the Velcro cuff.
- ❖ **The very first time you take it, it is helpful to check twice on both right and left arms and if slightly different, use the arm with the higher readings thereafter.**
- ❖ Switch machine on and press start, the result will be displayed when complete.
- ❖ Sit for about 1 minute and repeat it.
- ❖ Sit for a further minute and take it a 3rd time.
- ❖ Record the second and third readings at each session stating the date and time on the reverse of this sheet. Add any comments that you feel may be helpful.
- ❖ Avoid doing your blood pressure when you have been rushing around or following coffee or alcohol as these may affect the result.
- ❖ Arrange an appointment to discuss the results with the person who suggested you borrowed a machine.
- ❖ If you are on medication for your blood pressure, your home target reading is **less than 135/85**.

HOME BLOOD PRESSURE RECORDING SHEET

Please do at least 14 readings over 4 (minimum) to 7 days.

NAME:.....D.O.B.....

DATE	TIME	2nd B/P READING	3 rd B/P READING
Example: 22/7/21	10.00	153/81	140/75
		/	/
		/	/
		/	/
		/	/
		/	/
		/	/
		/	/
		/	/
		/	/
		/	/
		/	/
		/	/
		/	/
		/	/
		/	/
		/	/
		/	/
		/	/
		/	/
		/	/