

## How to measure your blood pressure at home

1. It is very important that you use an appropriate blood pressure monitor that is on the list of monitors recommended by The British and Irish Hypertension Society (<https://bihsoc.org/bp-monitors/for-home-use/>).
2. Before taking any readings please read the attached instructional leaflet "Taking your blood pressure at home"
3. Once you are happy with the process for checking your blood pressure please take and record the following readings:
  - Take two consecutive readings at least one minute apart and record them in the table below. If the two readings are very different please take a further 2 to 3 readings and record the 2 lowest readings in the table.
  - Record your blood pressure as described above morning and evening for 7 consecutive days
  - Once the table is complete discard the first days readings and then take an average of the remaining 24 readings

Patient Name:

DOB:

		Morning		Evening	
		Systolic (top reading)	Diastolic (bottom reading)	Systolic (top reading)	Diastolic (bottom reading)
Day 1	1st reading				
	2nd reading				
Day 2	1st reading				
	2nd reading				
Day 3	1st reading				
	2nd reading				
Day 4	1st reading				
	2nd reading				
Day 5	1st reading				
	2nd reading				
Day 6	1st reading				
	2nd reading				
Day 7	1st reading				
	2nd reading				
Total for each column =					
Add day and night systolic =			Divide total day and night systolic by 24 =		
Add day and night diastolic =			Divide total day and night diastolic by 24 =		

Please email these reading back to the surgery at [barntgreen.surgery@nhs.net](mailto:barntgreen.surgery@nhs.net)



Collaboration for Leadership in  
Applied Health Research and Care  
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### Taking Your Blood Pressure At Home

There are several simple steps you should take to make sure that your home blood pressure readings are as accurate as possible.

#### **Before you take your reading:**

- There are many factors that can make your blood pressure rise for a short period of time. You should not smoke, have a drink containing caffeine (such as coffee) or exercise for 30 minutes before you take your blood pressure reading. You should also avoid measuring your blood pressure when you need to use the toilet.
- It is important that you always measure your blood pressure in the same arm. You should use the arm which your doctor or nurse uses when they take your blood pressure, or whichever arm they ask you to use.
- Do not wear any tight or restrictive clothing around the arm you are measuring your blood pressure in. For example, you should avoid rolling up tight shirt sleeves.
- You should rest for at least five minutes before measuring your blood pressure. During this time you should sit down in a quiet place, try to relax and avoid speaking to anyone.

#### **Taking your reading:**

- Place the cuff on your arm, following the instructions that came with your monitor. The bottom of the cuff should be approximately 2cm above the bend in your elbow.
- Make sure that you are sitting down when taking your blood pressure readings and that you have both of your feet flat on the floor. You should not cross your legs as this can raise your blood pressure. The arm that you are measuring your blood pressure in should be supported on a firm surface (such as a table or desk) with your palm facing up and should be at the same level as your heart.
- Take a reading, following the instructions that came with your monitor. When taking your blood pressure readings you should not talk and should try to relax.
- Take at least two readings, leaving at least a minute between each. After each measurement, you should write the reading down in your diary. Remember to write down the exact numbers that appear on the screen- do not round the numbers up or down. If the first two readings you take are very different, take 2 or 3 further readings. You should write all of your readings down in your blood pressure diary.



This resource is a joint production of the NIHR Collaboration for Leadership in Applied Health Research and Care (CLAHRC) Greater Manchester and the British Hypertension Society