

Home Blood Pressure Measurements

Islip Medical Practice Patient Information Leaflet

Why do I need to measure my blood pressure at home?

Blood pressure measurements outside the GP surgery are recommended for most people who are suspected of having high blood pressure. Some people can find it a bit stressful to have their blood pressure measured in the surgery and this leads to a high reading called a “white coat effect”.

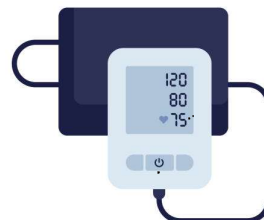
How do I measure my blood pressure?

Sit comfortably with your upper arm supported at the level of your heart e.g. resting your forearm on a table. Wrap the cuff around your arm just above your elbow. Check the instructions on your machine so you get the tubing in the correct place. Press the button to inflate the cuff, then write down the reading in the table opposite.

Measure your blood pressure in the morning and the evening with two readings each time, 1 minute apart. Record your blood pressure for at least 4 days or as requested.

What will happen to the results?

Submit your readings via reception. Your doctor will be able to tell if you have high blood pressure (hypertension) and advise you if you need any further action.



Name: _____

DOB: _____

Start Date: _____

Day		1 st Reading		2 nd Reading	
		Systolic Top no. e.g. 120	Diastolic Bottom no. e.g. 80	Systolic	Diastolic
1	Morning				
	Evening				
2	Morning				
	Evening				
3	Morning				
	Evening				
4	Morning				
	Evening				