

HOME BLOOD PRESSURE MONITORING

High blood pressure can be dangerous and make you more likely to have a stroke, heart disease or kidney disease. When we treat blood pressure with drugs it usually requires to be treated for life. If we find a high blood pressure reading in the clinic we need to find out if your blood pressure is high more often than it is not. The best way to find this out is Ambulatory Blood Pressure Monitoring (ABPM), or Home Blood Pressure Monitoring (HBPM)

This leaflet tells you how to carry out HBPM.

We have digital monitors in the practice which we can lend to you for 1 week. We ask a £10.00 deposit, which we will return on safe return of the monitor. We ask this so we keep the monitors in good repair and available for as many people as possible. We will arrange a review appointment to discuss your results.

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 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 you can push your sleeve up comfortably.
3. Always use the same arm for blood pressure readings, as each arm may give you a slightly different reading.
4. Rest for 5 minutes before measuring your blood pressure, sit down in a quiet place, with your arm resting on a firm surface and your feet flat on the floor and legs uncrossed.
5. Make sure your arm is supported, and place the cuff at the same level as your heart. Relax your arm.

Taking the readings

1. With the cuff in place, press the start button and stay quiet and do not move about or talk.
2. Take two readings at least 1 minute apart : 2 each morning and 2 each evening for 7 days
3. Record the readings on the sheet provided
4. After all the reading are recorded please average the upper (systolic) and lower (diastolic) results from Days 2 to 7. We do not use the first day's results as they tend to be artificially high as you get used to recording your blood pressure.

DAY	DATE	MORNING 06.00 - 12.00				EVENING 18.00 - 00.00			
		AM 1 SYSTO LIC	AM 1 DIASTOL IC	AM 2 SYSTO LIC	AM 2 DIASTOL IC	PM 1 SYSTO LIC	PM1 DIASTOL IC	PM 2 SYSTO LIC	PM 2 DIASTOL IC
1.									
2.									
3.									
4.									
5.									
6.									
7.									

To average the results:

ADD ALL THE UPPER FIGURES and divide by the number of recordings -
i.e.24 = average systolic BP

ADD ALL THE LOWER FIGURES and divide by the number of recordings-
i.e 24 = average diastolic BP

Don't worry if you can't manage the calculation - we can do this for you.

PLEASE RETURN THE MONITOR AND YOUR RESULT SHEET TO RECEPTION ASAP AND AT LEAST ONE DAY BEFORE YOUR REVIEW APPOINTMENT.

Here are some other resources you may find helpful:

www.nice.org.uk/guidance/cg127/ifp/chapter/blood-pressure-monitoring#home-blood-pressure-monitoring

www.nice.org.uk/guidance/cg127/ifp/chapter/treating-high-blood-pressure-with-lifestyle-changes
[www.bloodpressureuk.org/BloodPressureand you/HomeMonitoring/Howtomeasure](http://www.bloodpressureuk.org/BloodPressureand%20you/HomeMonitoring/Howtomeasure)