

**Now that you have access to a BP monitor, you have taken the first steps towards playing an active role in the care of your hypertension.**

*There are a few simple steps that you can follow to be sure that you get an accurate reading of your blood pressure:*

**1. Beforehand, avoid things** that may make your blood pressure rise for a short time:

- Needing the toilet can affect your BP: make sure you go before using your machine
- Do not eat a big meal for one hour before using your BP machine
- Do not drink caffeine or smoke for 30 minutes before using your BP machine.
- If you are anxious or uncomfortable then this will affect the reading.

**2. Be comfortable**

- Wear loose-fitting clothes like a short sleeved t-shirt so you can push your sleeve up comfortably.
- Before you take your reading, 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.
- The cuff around your upper arm should be at the same level as your heart, so 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.

**3. Be consistent**

Always use the same arm for blood pressure reading, 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.

## **How to take your blood pressure reading**

*Now you are ready to take your blood pressure; here's how:*

1. Put the cuff on following the instructions that came with your monitor. (Check the instructions with the monitor to make sure the tubing is in the right position.)
2. Press the button to inflate the cuff.
3. When you are taking your reading, keep still and silent. Moving and talking can affect your reading.
4. Take two or three readings, each about two minutes apart and take a note of the lowest reading. This lowest reading is the one that is your final reading.
5. Submit your reading to us (see below). We ask you to submit a reading every 4 to 6 months.

## **How to submit your blood pressure reading to us:**

The quickest, most reliable way is online.

*If you are already registered for our online service (for appointment booking and requesting repeat prescriptions):*

- Log in and click *View Messages*
- Select *New Message*
- Type your BP reading into the message
- Click *Send*

*If you are not yet registered for our online service:*

Our online service is easy to use. Please contact the practice to get your login details; you will then be able to use it to submit your home BP readings, order repeat prescriptions and book appointments.

*If you do not have access to a computer:*

Please write down the details and bring it in to the practice.

- Your reading, plus the date and time
- Your name, date of birth, and address

## Your blood pressure target

Your blood pressure target will be discussed with you by the nurse (or doctor) when you attend to review your condition.

If your home readings are higher than your target, and you have followed the instructions overleaf, please repeat the readings on the next two days, continuing to follow the instructions carefully.

If the reading remains above target, then please ring the practice on 0113 2621013 to speak to a doctor. We encourage you to call before 11am; you can call any time before 4pm.

**My target blood pressure:**

## More information

If you want to understand more about your blood pressure then here is a web site you might find useful

- [www.patient.co.uk/health/high-blood-pressure-hypertension](http://www.patient.co.uk/health/high-blood-pressure-hypertension)



## Patient information leaflet

# Home blood pressure monitoring