

Recommendations for home monitoring of blood pressure (BP) readings.

Smoking cigarettes and drinking caffeine can raise your BP, so before measuring your BP ensure it is at least 30 mins from when you last drank caffeine or smoked a cigarette.

Always use the same arm for taking your BP readings.

Sit comfortably and rest for 5 mins before taking the reading.

Place the BP cuff on your arm, level with your heart. Support your arm on a table or a support, palm facing upwards and place both feet flat on the floor. The monitor should be level with your heart; switch the machine on and press start.

You should measure your BP twice a day, ideally once in the morning and once in the evening. Each time you do this you should take two readings, at least 1 minute apart.

Record the lowest reading.

You will need to do this for a minimum of 4 days, but ideally for 7 days.

At the end of the week take the average of the readings but DISCARD those done on the first day before you do this. If you are unable to work out the average we will do this for you.

See link below for more information:

<https://www.bhf.org.uk/information-support/heart-matters-magazine/medical/tests/blood-pressure-measuring-at-home>

DAY		1 st READING	2 nd READING
1	am		
	pm		
2	am		
	pm		
3	am		
	pm		
4	am		
	pm		
5	am		
	pm		
6	am		
	pm		
7	am		
	pm		

AVERAGE READING (EXCLUDING DAY 1) -----