



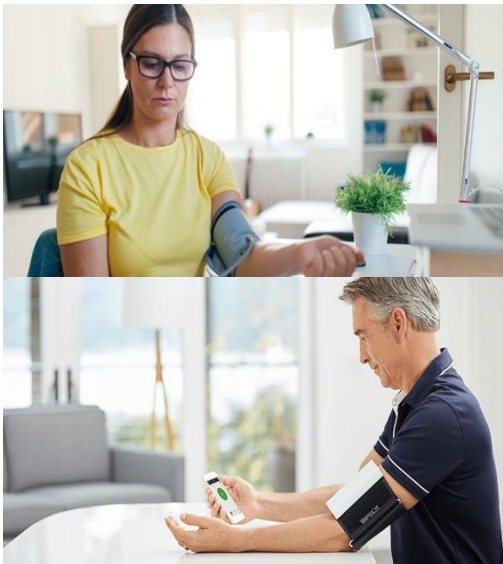
## How to measure your blood pressure at home.

♥ To help with your annual review of how well your blood pressure is controlled you need to undertake up to a week of blood pressure readings (your GP will advise you for how long).

♥ You will need to undertake two blood pressure readings in the morning, and two in the evening using an upper arm-cuffed blood pressure monitor.

♥ There is an electronic spreadsheet and automatic calculator for you to download on the 'Home BP Monitoring Pack' page of the Bruton Surgery website. It is called the 'Record your blood pressure/auto-calculator' or there is a printable paper version for you to record these readings. Simply fill in your results and return or email the sheet back to the practice via email ([bruton.surgery@nhs.net](mailto:bruton.surgery@nhs.net)) or ideally 'Ask My GP' and we will calculate your average reading.

## To measure your blood pressure follow these simple steps:



1) Sit rested for at least 5-15 minutes. Avoid very hot or cold drinks, large meals or strenuous activity or smoking for at least half an hour before this activity. Relax.

2) Sit upright with your feet flat on the floor and your back straight. Support your arm to heart level on a table or a firm cushion.

3) Place the cuff around your upper arm above your elbow, allowing a two-finger space between your arm and the cuff, with tube hanging downwards.

4) Take your blood pressure reading and record both the top and the bottom readings. Remain relaxed, do not talk and do not clench your fist.

5) Rest for 2 minutes and repeat your blood pressure reading. Record both the top and the bottom readings.

6) Repeat this procedure twice a day for 4 or 7 days (whichever you have been advised), in the morning and the evening. You can then return your readings to the practice, where they will be averaged, and the results discussed with you by a health care professional at your hypertension review.

There is a very informative British Heart Foundation video on how to, which can be found here:

<https://youtu.be/mfwBpBXUYHs>

♥ **If your machine fails to detect your blood pressure or continually gives an error reading, contact your GP for advice. This may happen because your cuff is the wrong size, or your machine may be faulty. But it can also happen if your pulse is irregular. If you can try and feel your pulse. If you think your pulse is not regular, contact the GP surgery. It is often normal to miss an occasional heartbeat, or even have an extra beat, but it is quite important that you discuss this as soon as you can.**

## Blood Pressure FAQ:

### What is normal?

- ♥ Your blood pressure will vary throughout the day, from morning through to the evening and be dependent on your activity, stress or even eating or drinking. Smoking and alcohol in particular will affect a blood pressure reading, especially close to when you take your reading.
- ♥ Giving up smoking and reducing you alcohol intake to below the recommended daily intake are two of the most important modifiable lifestyle measure that you can undertake to reduce your blood pressure and prevent heart attack or stroke.
- ♥ Life style alterations, such as weight loss, regular exercise, smoking cessation and alcohol reduction are important factors in maintaining a normal blood pressure naturally, and in many cases can prevent the need for medication and prevent serious complications such as diabetes, heart disease, kidney disease, stroke and dementia.

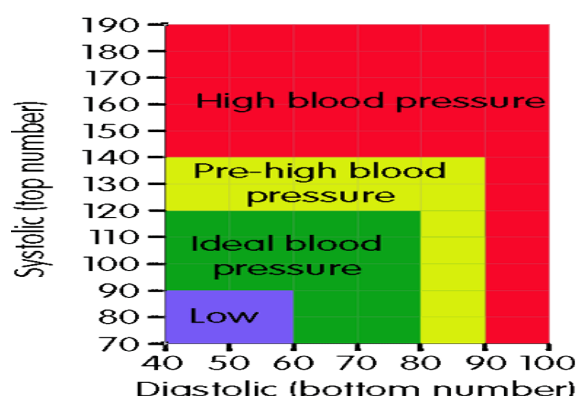
**It is important to choose a quiet restful and relaxing time of your morning and evening to take your blood pressure readings.**

A single blood pressure reading is not representative of your average resting blood pressure, so do not be alarmed if you have an occasionally high or low reading. Rest and repeat a few minutes later, and note how you are feeling at the time.

- ♥ If you are aged under 80 years of age, you will be aiming for an average resting blood pressure of below 135/85 on a home blood pressure monitor.
- ♥ If you are over 80 years of age, will be aiming for an average reading of below 145/85 on a home blood pressure monitor.

It is important to remember that certain health conditions, such as diabetes, kidney disease and other organ diseases and illness will affect what blood pressure control your GP or hospital specialist requires. If you are unsure, discuss your targets with your doctor.

**As a guide for the general population the highs, lows and averages are illustrated here:**



**If you have any concerns about your readings please contact your GP.**