

Home BP Measurements

You have been asked to record your blood pressure readings. You should do this twice a day for 7 days then bring this slip back and hand it to Reception.

Name:

Address:

Date of Birth:

Date	1 st Reading	2 nd Reading
___/___/___	/	/
___/___/___	/	/
___/___/___	/	/
___/___/___	/	/
___/___/___	/	/
___/___/___	/	/
___/___/___	/	/

Average BP including 5/5 adjustment:

Entered on EMIS: Date:

THANK YOU

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THANK YOU

Blood Pressure Readings

“Some tips for good readings”

If you have just recently bought a BP machine then try it out for a few days so you are confident how to use it. Record readings twice a day for the next 7 days.

We only recommend arm cuff BP machines and **NOT** those applied to your wrist.

- 1 Always take your BP while sitting down
- 2 Sit quietly (for 5 minutes before) and whilst taking the reading.
- 3 Take your BP in both arms, use the arm which gives the highest readings for future measurement.
- 4 Rest your arm on a table with the cuff at the level of your heart.
- 5 Make sure your sleeve is loose and pushed well up your arm.
- 6 Place the cuff in the position shown in the operator manual with your BP machine.
- 7 Make sure you have an empty bladder.
- 8 Do not cross your legs.
- 9 Do not talk whilst your BP is being assessed.
- 10 Repeat steps 4-9 allowing at least 1 minute between readings.
- 11 Discard the initial value if there is a large (>10 mmHg) difference between first and second readings. Otherwise record the second reading on BP sheet.

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