



Draft – to be approved

CHECKING YOUR BLOOD PRESSURE AT HOME

Why?

- Your blood pressure (BP) goes up and down depending on what you are doing and where you are. If you check yourself at home, you can get an idea what your BP is like during your daily activities.
- Many people have higher BP at their GP surgery or in a hospital. (This is known as the “white coat effect”.) By checking yourself at home, you can see if it is different.
- Most people have their BP checked at the GP surgery once every few months, then your doctor may adjust your medication. Checking at home means you can see if the treatment is working well.

Which machine to use?

- The best ones to use are the automatic monitors that measure BP in your upper arm.
- The monitor should be ‘clinically validated’ to ensure readings are accurate.

When to do it?

- You can check it at a different time every day to see if it is different. Make a note of the time and what you were doing.
- If the BP reading is very different from your usual records, you may take a rest for 10-15 minutes and check it once more
- Do not check it again and again because this may make you tense and cause the BP to go high.

How do I work together with my GP surgery?

- Please keep a record of your BP readings, and bring them when you see your doctor or nurse.
- You can also send your readings to the surgery by email or fax:

✉ alexandrasurgery@nhs.net

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My blood pressure

Date	Time	Systolic *	Diastolic *	Remarks
21/02/2017	8:00 am	129	78	Just got up
22/07/2017	2:00 pm	138	74	After lunch
23/02/2017	6:30 pm	141	88	Cleaned up

* Systolic means the upper reading, for example BP 129/78, systolic is 129
Diastolic means the lower reading, for example BP 129/78, diastolic is 78

