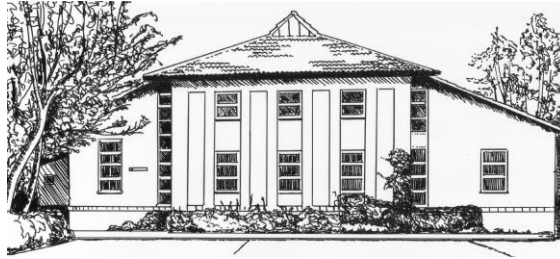


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HOME BLOOD PRESSURE MONITORING

Please purchase a validated, above elbow blood pressure (BP) monitor from your Pharmacist
Use the steps below to measure your blood pressure morning and evening for one week and input the readings on the Eastfield House website at:

- **eastfieldhousesurgery.co.uk**
- clicking on the 'Health Review and Assessment Clinic' tile
- click on 'Blood Pressure'

Alternatively you can enter the link below into your web browser:

<https://eastfieldhousesurgery.co.uk/navigator/blood-pressure-review/>

How to take your blood pressure reading

1. Push your sleeve up comfortably.
2. Before you take your readings, rest for five minutes
3. Make sure your arm is supported and that the cuff around your arm is at the same level as your heart.
4. Put the cuff on following the instructions that came with your monitor.
5. Take two readings, each about two minutes apart, and then note the lowest reading.
6. Record your reading, either in the memory of your monitor or on computer or paper. SEE WEBSITE TO RECORD STEPS THERE AS FOLLOWS: a) Click Health Review box, b) blood pressure, c) fill in form and submit.
7. If you are not able to access the website, please complete overleaf and hand this to reception

Tips to remember with these readings

- Do not be alarmed if you get an unexpected high reading – a one-off reading may be nothing to worry about. Measure your blood pressure again at another time, but if you find that it continues to be high after a period of time, see your doctor or nurse.
- Do not check your blood pressure too often – you may become worried or stressed about small changes in your reading. This can raise your blood pressure in the short-term. Worrying about your blood pressure reading may actually make it higher.
- For most people an ideal average home blood pressure is between 110/60-135/85
- If you have problems with your monitor please visit your pharmacist to get this checked.

HOME BLOOD PRESSURE MONITORING

Name

Date of birth

Smoking Status: ☐ Smoker ☐ Never smoked ☐ Ex-smoker

You should measure your blood pressure twice a day, ideally in the morning and in the evening, while you are sitting down quietly. Check the cuff is positioned correctly, as per the instructions.

Each time you take your blood pressure, you should take 2 readings, 1 minute apart and record the lowest reading. Measure your blood pressure twice daily for 7 days.

For most people an ideal average home blood pressure is between 110/60 and 135/85

Day	Date	Morning 1		Evening 1	
		Systolic	Diastolic	Systolic	Diastolic
1					
2					
3					
4					
5					
6					
7					