

## How to record lying and standing blood pressures at home

**BACK TO DR S AFZAL**

**DO NOT SCAN THIS SIDE**

**ONLY SCAN OTHER SIDE**



### Simple steps to an accurate reading

There are a few simple steps that you can follow to be sure that you get an accurate reading of your blood pressure.

Before you take your blood pressure reading

1. Many things can make your blood pressure rise for a short time. Make sure you do not need to use the toilet, and that you have not just eaten a big meal. Do not measure your blood pressure within 30 minutes of drinking caffeine or smoking, or exerting yourself.
2. Wear loose-fitting clothes like a short sleeved t-shirt so that you can push your sleeve up comfortably.
3. Always use the same arm for blood pressure readings, as each arm will give you a slightly different reading. Use the arm that usually gives you the higher reading and let your doctor or nurse know to use this arm when measuring your blood pressure.
4. Before you take your readings, rest for five minutes. You should be lying down in a quiet place, preferably where you can lie your whole body as flat as possible, with your arm out straight, resting next to you on the same surface.
5. Make sure your arm is supported and that the cuff around your arm is above your elbow. Your arm should be relaxed, not tensed.

### Tips on taking blood pressure readings

- Do not round your measurements up or down – if you do not keep accurate records of your blood pressure it may affect the treatment you receive.
- 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.

**How to take your blood pressure using a home blood pressure monitor**

1. Please monitor and record your blood pressure at home for 7 consecutive days (unless you have been advised otherwise). On each day, monitor your blood pressure on two occasions- in the morning (between 6am and 12noon) and again in the evening (between 6pm and midnight).
2. Put the cuff on following the instructions that came with your monitor.
3. Make sure you are relaxed and comfortable. If you are anxious or uncomfortable, this will make your blood pressure rise temporarily.
4. When you are taking your reading, keep still and silent. Moving and talking can affect your reading.
5. Take three readings, each about two minutes apart, and then record the third reading. Some people find that their first reading is much higher than the next readings. If this is true for you, keep taking readings until they level out and stop falling, then use this as your reading.

**Record your reading in the table below.**

**Remember to take this diary with you to your next appointment/review.**

Day	Time	BP after lying down for 5 minutes			BP after standing for 3 minutes	
		Systolic BP (top figure)	Diastolic BP (bottom figure)		Systolic BP (top figure)	Diastolic BP (bottom figure)
1	am					
	pm					
2	am					
	pm					
3	am					
	pm					
4	am					
	pm					
5	am					
	pm					
6	am					
	pm					
7	am					
	pm					
Average						