

HOME BLOOD PRESSURE MONITORING

Your cardiologist has asked you to check your blood pressure at home. Please take a few minutes to review this guide before you begin.



WHICH MONITOR TO USE?

Health care professionals typically recommend using a validated upper arm blood pressure monitor. We recommend the Omron brand of monitors.



USING THE CORRECT CUFF SIZE

Be sure to choose the right cuff size for your arm. Using one that's too big or too small can lead to inaccurate blood pressure readings.

Below you'll find common cuff ranges - but keep in mind that sizes can vary slightly between brands, so always check the manufacturer guide.

S 17-22cm

M 22-32cm

L 32-42cm

XL 42-50cm

HOW TO MEASURE YOUR ARM

Rest your arm on a table.

Measure the circumference around the middle of your upper arm (Measure your left arm if you are right-handed and vice versa).



VIDEO LINK

BHF - How to measure your blood pressure

<https://youtube.be/GSNZVaW1Wg4>

IS YOUR MONITOR OLDER THAN 3 YEARS OLD?

Have your blood pressure monitor checked against a calibrated machine (e.g. at your clinic or GP surgery) at least every 2 years to ensure accuracy. You can also send it to the manufacturer for calibration (a fee may apply).

STEP BY STEP - HOW TO MEASURE YOUR BLOOD PRESSURE AND DOCUMENT YOUR READINGS.

1. Cuff fit and arm placement:

Use the correct cuff size for your upper arm. Sit with your arm resting on a table, palm facing up. The cuff should be same level as your heart.

2. Stay relaxed and still:

Don't talk or move your arm during the reading as this can affect the result. Please ensure your legs are uncrossed and your torso is relaxed.

3. Take the reading:

Follow the instructions that came with your monitor to begin the measurement.

4. Take Multiple readings:

It's important to record **3 readings**, each about **one minute apart**. Document the first and last two measurements in your clinical diary provided.

Also, record your pulse (shown on your monitor) with each reading.

5. One Week Diary:

Document all your blood pressure and pulse readings for a week in the provided spreadsheet diary and return the next day by email at enquiries@oneheartclinic.com.

PLEASE NOTE

A single high reading is usually nothing to worry about.

Avoid checking your BP too often - it can cause stress, which may raise your readings.