



How To Manage Your Blood Pressure

Blood pressure tests can be carried out at **home** using your own digital blood pressure monitor.

Like 24-hour or ambulatory monitoring, this can give a better reflection of your blood pressure. It can also allow you to monitor your condition more easily in the long term.

You can buy a variety of low-cost monitors so you can test your blood pressure at home or while you're out and about.

It's important to make sure you use equipment that has been properly tested. The British Hypertension Society (BHS) has information about **validated blood pressure monitors** that are available to buy.

Bring 10 readings to your annual review and then have your blood test done.

If you have any concerns about a home reading then drop it into the surgery and we will send this to the GP.

The British Hypertension Society website:
<http://bhsoc.org/>



Home Readings

Please hand this form into the Patient Services Team to process.



Name Date Of Birth ____ / ____ / ____

Address

Please tick the box which applies to you : Non Smoker Ex-Smoker Smoker

Date	Time	Blood Pressure	Comments

Target
Under 80 years <140/90
Over 80 years <150/90

Exceptions
Some patients with diabetes and/or chronic kidney disease may have stricter targets for example <130/80

