

MEASURING YOUR BLOOD PRESSURE

Avoid measuring your BP with a full bladder or within 30 minutes of caffeine or alcohol.

Sit comfortably with your back supported and your legs uncrossed. Your arm should be relaxed but supported at the same level as the BP monitor and your heart e.g. sit beside a table with the monitor on the table and your arm resting on a cushion.

Wrap the cuff around your arm so that it fits snugly about an inch above the crease of your elbow. You should be able to slide a finger between the cuff and your arm.

If you wrap the cuff around your arm the tube should be pointing upwards but if you use the left arm the tube should be pointing downwards.

Do not talk while taking your BP – talking can increase the reading by 17/13 and crossing your legs can increase it by 7/2.

Take 2 readings in the morning and 2 readings in the evening for 7 days. Wait a few minutes between recordings. Record all readings. Please record the systolic and diastolic readings.

If you wish to calculate your average readings yourself, discard the first days readings and calculate the average of the remaining 24 readings.

We will calculate the average for you if you do not wish to calculate it yourself.