

# Blood Pressure Monitoring @Home

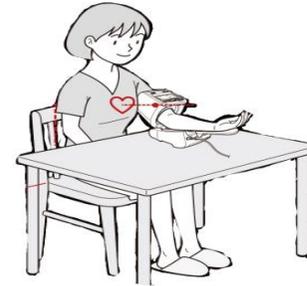
## Step by step guide for patients:



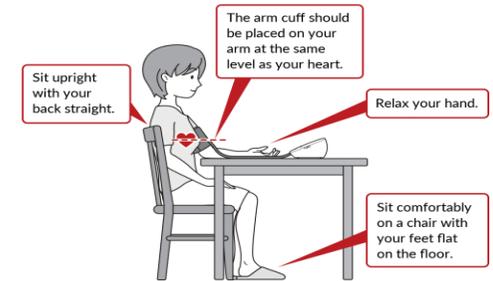
Your practice has asked you to monitor your BP at home – if you are unsure or have any questions speak with your practice



If you have a BP monitor at home please use that, if not you will be offered one from your practice



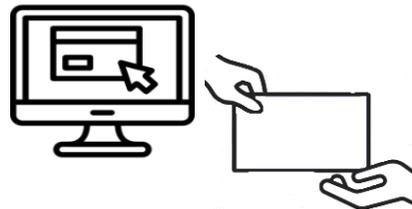
Sit comfortably with your back and arms supported



Place the arm cuff at the same level as your heart, keep feet flat, legs uncrossed, remain still and do not talk



Note down the 2 numbers displayed on the monitor. Record your readings for 4 days



Your practice will have discussed with you the ways in which you can submit your readings



Your GP will contact you if they have any concerns