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## THE MEDICAL CENTRE

Name

DOB

### Home Monitoring of Blood Pressure (BP)

If you have a diagnosis of Blood Pressure, it is important that we control it properly. This means taking the right amount of medication. Enough but not too much.

Research has shown that patients who monitor their own BP have better control and are less likely to suffer side effects from the medication.

We are aiming for a top figure (Systolic) of less than 150

A bottom figure (Diastolic) of less than 90 (If you are diabetic then 80)

For BP which is newly Diagnosed or not fully controlled	For BP which is well controlled
Measure your Blood Pressure every day for at least a week	Select 1 day a month – for example the 1 <sup>st</sup>

On the selected day, choose 3 occasions for example:

- Breakfast time
- Lunch time
- Supper time

On each occasion take your blood pressure 3 times ideally about 5 minutes apart. Record the lowest of the 3 readings.(overleaf)

Your blood pressure WILL vary from time to time and day to day. Do NOT worry if the readings are a bit above 150/90. Providing the average is below then we do not need to alter medication.

If your readings are above 200/100 you should contact the surgery – You DO NOT need to panic or contact the out of hours services!

### Phone Apps

If you use Apps on your mobile phone, there are several available which allow you to record you BP and then e-mail the results to us. The free ones are as good as the paid for ones. **DON'T** go for ones that say they measure your BP. You can e-mail the results to us at :

[reception.witterings@nhs.net](mailto:reception.witterings@nhs.net)

We will try and reply within a few days – At present this is a new service and there may be glitches!

#### For Medical Centre use Only

Seen by GVW       Seen By SF

Results on Computer

