



## **Patient guidance for home blood pressure monitoring**

In order for the congenital team to monitor and manage your blood pressure and any medications you take relating to your heart condition and blood pressure, we need to obtain regular and accurate readings.

The best way for us to achieve this is for you to take your blood pressure in the comfort of your own home, write the measurements down and bring them with you to your clinic appointments. (Or email to your nurse specialist team)

We follow guidance from the European society of cardiology, National Institute for health and care excellence with regard to blood pressure monitoring and hypertension (high blood pressure).

Once you have chosen the blood pressure monitor that suits you, then we will go through the following:

- Ensure you have sat or lay down for at least 5 minutes before recording your blood pressure, so you are nice and relaxed.
- Place your right arm (congenital patients will normally always use the right arm for monitoring unless told otherwise) onto a flat surface with your palm facing upwards. Place the cuff on the upper part of your arm (bicep). Some cuffs will have a sign on saying artery; you should place this part of the cuff just above the bend in your arm.
- Wrap the cuff around and secure with the Velcro.
- Press the start button on the blood pressure monitor and wait for the measurement to be taken.
- When the numbers appear on your monitor they will look like this 122/80. You need to record both of these numbers, also your heart rate if it is available. It is also important to write down the time of day when you record the blood pressure.
- It would be a good idea to take another reading just to check they are similar, when you are starting out.
- It would be useful to take a blood pressure reading twice a day, in the morning and at night.
- If possible you need to take your blood pressure in this way for at least 7-10 days.
- Please email or keep a written copy of the readings to share with your cardiologist at your next appointment.

- Do not stop taking or alter any medication's your Dr has commenced you on until you have a review.
- If you experience any issues you can contact your congenital nurse specialist who will be able to assist you.

**Follow this link or scan the QR code to look at blood pressure monitoring machines available**

<https://bihsoc.org/bp-monitors/for-home-use/>



- We don't recommend a specific monitor, it is your choice to pick a monitor that suits you and that you can afford.