# Patient Advice Leaflet: How to monitor your blood pressure at home.

## Home Blood Pressure Monitoring (HBPM)

### Why check your blood pressure at home?

- Blood pressure changes throughout the day.
- Readings at the clinic may not always reflect your usual values.
- Home readings help your doctor understand your “true” blood pressure.

### Before you measure

- Sit quietly for 5 minutes.
- Avoid coffee, smoking, alcohol, or exercise for at least 30 minutes.
- Empty your bladder.
- Sit with back supported, feet flat, arm resting at heart level.

### How to measure

- Use a validated upper-arm monitor.
- Place the cuff on bare skin, not over clothes.
- Take 2 readings, 1 minute apart, and record both.

### Schedule

- Day 1: Practice only (don’t record).
- Days 2–4: Record readings.
- Morning: within 1 hour of waking, before medication/food (2 readings).
- Evening: before bed (2 readings).
- Bring your diary to your doctor.

### Target values

- Normal home BP: below 135/85 mmHg
- High: 135/85 mmHg or higher
- Urgent: 180/110 mmHg or higher – seek medical care immediately



## Blood Pressure Recording Table

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| --- | --- | --- | --- | --- | --- |
| Date | Time | Systolic (top) | Diastolic (bottom) | Pulse | Notes (e.g., medication, stress, symptoms) |
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✅ Remember: Keep your readings consistent. Do not change or stop medication without talking to your doctor.

**⚠️ Important Medical Warning**If you experience any symptoms suggestive of underlying heart disease, you must seek medical attention immediately.
**These symptoms include, but are not limited to:**- Chest pain or tightness
- Shortness of breath (at rest or on exertion)
- Dizziness, fainting, or blackouts
- Palpitations (irregular or fast heartbeat)
- Unexplained swelling of the legs or ankles
- Severe or unusual fatigue

➡️ Do not delay or rely on home monitoring alone. Always contact your doctor or emergency services if these symptoms occur.