

Home blood pressure measurements

What is it?

Measuring your blood pressure at home is an easy way to help your GP understand how your blood pressure changes throughout the day. Your GP may use your home measurements to make decisions about your treatment.

There are many things that affect your blood pressure, including the position your body is in, breathing, emotions, exercise and sleep. You can ask your GP how to properly measure your blood pressure to get an accurate reading.

Measuring your blood pressure can help your GP find out if you have high blood pressure (hypertension) or low blood pressure (hypotension). High blood pressure can cause problems such as stroke and heart disease. Low blood pressure is only a problem if it has a negative impact on the body and produces symptoms.

What do I do?

Your GP will ask you to record your blood pressure four times a day for five days.

- Do two blood pressure readings in the morning (One after you wake up and the other before taking any medication)
- Do two blood pressure readings in the evening, before bed
- Write down all your readings on the chart below
- Take this chart to your GP who will look at your readings to find your average heart rate

To make sure you get an accurate reading, you should sit down with your legs uncrossed for a few minutes before taking the first reading and allow one to two minutes between each reading.

Name:	Morning (2 readings, 1-2 minutes apart)	Evening (2 readings, 1-2 minutes apart)
Date of birth:		
Day 1 Date:	Reading 1: Reading 2:	Reading 1: Reading 2:
Day 2 Date:	Reading 1: Reading 2:	Reading 1: Reading 2:
Day 3 Date:	Reading 1: Reading 2:	Reading 1: Reading 2:
Day 4 Date:	Reading 1: Reading 2:	Reading 1: Reading 2:
Day 5 Date:	Reading 1: Reading 2:	Reading 1: Reading 2:
Average of readings (GP to complete)		

Adapted from the Concord Hospital Renal Service Home Blood Pressure Measurement Form with acknowledgments

This information is to be viewed by someone who has received a diagnosis from their doctor. It is not designed to be used to diagnose a condition or as a substitute for ongoing medical care

Health Resource Directory factsheets are endorsed by South Western Sydney PHN's Community Advisory Committee and local GPs

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