

Measuring your blood pressure

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. You should use an accurate blood pressure device to measure your blood pressure.

Measuring your blood pressure can help your GP find out if you have high blood pressure (hypertension). High blood pressure can cause problems such as stroke and heart disease. Your GP may also use your home measurements to make decisions about treatment for an existing disease or condition. You can ask your GP how to properly measure your blood pressure to get an accurate reading.

What can I do?

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

For the best results, you should:

- Use a cuff that fits your arm properly
- Do your measurement before eating, taking medication or doing exercise
- Don't smoke or drink alcohol for 30 minutes before your measurement
- Don't take a measurement if you are uncomfortable or in pain

When you are ready to take your measurement, you should follow these steps:

- Sit with both feet flat on the ground
- Take two measurements, one-to-two minutes apart
- Record each measurement in one place (you can use the chart below)

	Morning (Take readings 1-2 minutes apart)	Evening (Take readings 1-2 minutes apart)
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:
Day 6 Date:	Reading 1: Reading 2:	Reading 1: Reading 2:
Day 7 Date:	Reading 1: Reading 2:	Reading 1: Reading 2:
Average of all readings (GP to complete)		

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