

Measuring Your Blood Pressure At Home

Please measure your blood pressure **twice daily (morning and evening)** for **1 week** before your clinic appointment. Do so **before** your medications. Otherwise it is sufficient to measure your blood pressure 3-4 times a month or as your doctor recommends. Readings above **135/85 mmHg** are considered high blood pressure.



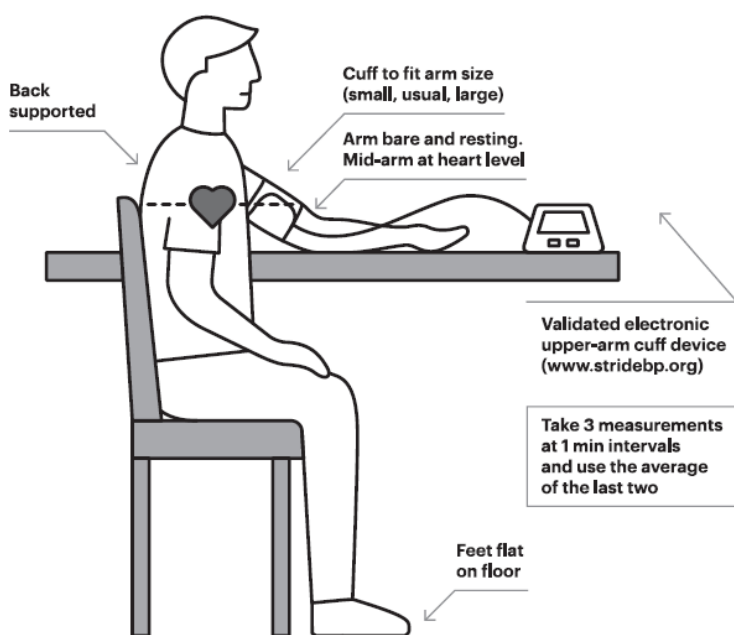
NO SMOKING,
CAFFEINE, FOOD,
EXERCISE 30MIN
BEFORE

QUIET
ROOM

COMFORTABLE
TEMPERATURE

3-5 MIN
REST

NO TALKING
DURING OR
BETWEEN
MEASUREMENTS

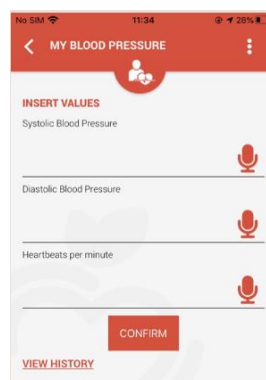
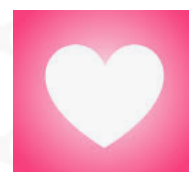


Take 3 measurements
at 1 min intervals
and use the average
of the last two

Source: Stergiou GS et al. 2021 European Society of Hypertension practice guidelines for office and out-of-office blood pressure measurement. Journal of Hypertension. 2021;11:39

Recording Readings

Measure your blood pressure 3 times 1 minute apart. Please record the **2nd** and **3rd** readings on paper (see reverse) or on your Smartphone using the European Society for Hypertension (ESH) App - available via the Google Play or Apple App store (you do not need to take the survey). Other options are displayed by the icons below:



Recommended Home Blood Pressure Monitors

Blood pressure monitors are available at entry level price (€50 approx) e.g. Omron M2, mid-level price (€50-100) e.g. Omron M3 or M6 or slightly more expensive (€100+) e.g. Omron M7 depending on included features. A list of recommended BP monitors is available from <https://bihsoc.org/bp-monitors/for-home-use/> or <https://www.stridebp.org/bp-monitors>.



Home Blood Pressure Monitoring

Name: _____

Date of birth: ____/____/____ Device: _____

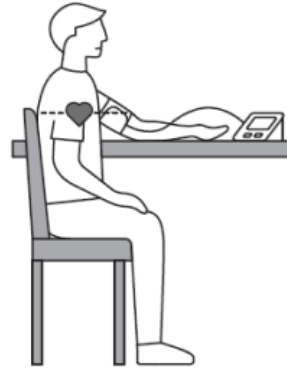
DAY 1 Morning 1st ____ - ____ (____)
____/____/202____ 2nd ____ - ____ (____)
Evening 1st ____ - ____ (____)
2nd ____ - ____ (____)

DAY 2 Morning 1st ____ - ____ (____)
____/____/202____ 2nd ____ - ____ (____)
Evening 1st ____ - ____ (____)
2nd ____ - ____ (____)

DAY 3 Morning 1st ____ - ____ (____)
____/____/202____ 2nd ____ - ____ (____)
Evening 1st ____ - ____ (____)
2nd ____ - ____ (____)

DAY 4 Morning 1st ____ - ____ (____)
____/____/202____ 2nd ____ - ____ (____)
Evening 1st ____ - ____ (____)
2nd ____ - ____ (____)

DAY 5 Morning 1st ____ - ____ (____)
____/____/202____ 2nd ____ - ____ (____)
Evening 1st ____ - ____ (____)
2nd ____ - ____ (____)



DAY 6 Morning 1st ____ - ____ (____)
____/____/202____ 2nd ____ - ____ (____)
Evening 1st ____ - ____ (____)
2nd ____ - ____ (____)

DAY 7 Morning 1st ____ - ____ (____)
____/____/202____ 2nd ____ - ____ (____)
Evening 1st ____ - ____ (____)
2nd ____ - ____ (____)

WRITE HERE THE AVERAGE OF ALL READINGS
EXCEPT OF DAY 1: ____ - ____ (____)

Please note that BP readings can be variable. Occasional high readings need not be concerning.

Blood Pressure Targets

| Age | Target | Ideal blood pressure |
|---------------|----------------------------------|----------------------|
| 18 – 64 years | Less than 130 / 80* [^] | ≤ 120 / 80 |
| 65+ years | Less than 140 / 90* | ≤ 130 / 80 |

* ESH Guidelines recommend diastolic BP less than 80, however, there is uncertainty regarding this target.

[^] Those with chronic kidney disease may have a higher systolic BP target of less than 140 mmHg.

April 2021

