BAYVIEW FAMILY PRACTICE

Home Blood Pressure Measurement Advice

Patient Information Leaflet · Ballyshannon, Co. Donegal

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Monitoring your blood pressure at home gives your GP a more accurate picture of your day-to-day readings, helping to avoid the effect of *white-coat hypertension* in the clinic.

Readings above 135/85 mmHg are considered high when measured at home. Please bring your recorded readings to every appointment at Bayview Family Practice.

1 When & How Often to Measure

* **Before a clinic appointment:** Measure twice daily (morning and evening) for 1 full week before your visit. Always take readings before your morning medications, or as advised by your GP at Bayview Family Practice.
* **Routine monitoring:** Measure 3–4 times per month, or as advised by your GP at Bayview Family Practice.

2 Step-by-Step Measurement Guide

1. **Rest for 5 minutes** before measuring — sit quietly with back supported, feet flat on the floor.
2. **Apply the cuff** to your upper arm at heart level. Ask your pharmacist about correct cuff size.
3. **Keep still and silent** during measurement. Do not talk or cross your legs.
4. **Take 3 readings, 1 minute apart.** Record only the 2nd and 3rd readings — discard the first.
5. **Log your readings** using the table below. Bring this sheet to your next appointment at Bayview Family Practice.

3 Recommended Home BP Monitors

Use a **validated upper-arm monitor** — wrist monitors are generally less accurate. Full lists of validated monitors:

British & Irish Hypertension Society:
bihsoc.org/bp-monitors/for-home-use

STRIDE BP (International):
stridebp.org/bp-monitors

4 Blood Pressure Reading Log

Record your 2nd and 3rd readings each session. Bring this sheet to your next appointment at Bayview Family Practice.

Date & Time	Reading 2 (mmHg)	Reading 3 (mmHg)	Notes / Symptoms
Weekly Average			

Reference: Stergiou GS et al. 2021 ESH practice guidelines for blood pressure measurement. *Journal of Hypertension.* 2021;39. | Adapted for Bayview Family Practice, February 2026. | *This leaflet is for guidance only and does not replace advice from your GP.*