



## Blood pressure



Sit comfortably and relax for approx  
5 mins

Place your arm fully into the Blood  
Pressure machine

Once comfortable, press the button

Your BP will print out from the machine - please write your full name and date of birth on the reverse or enter your results in this leaflet and post this into the letter box, to be entered into your notes.

Please take 2 readings and post both readings into the box.

### What your BP readings mean

Blood pressure readings have two numbers, for example 140/90mmHg. The top number is your systolic blood pressure. (The highest pressure when your heart beats and pushes the blood round your body.) The bottom one is your diastolic blood pressure. (The lowest pressure when your heart relaxes between beats.)

Ideally as an adult, under 80 years of age, your BP should be under 140/90, or 140/80 if you have Diabetes or other chronic diseases.

Please take a look at the leaflets available, helping you to make simple lifestyle changes to help improve your blood pressure and heart health.

Name

Date of Birth

Contact phone number



Please follow the flow chart below to know what to do next. Take 2 readings and use the lowest

WRITE YOUR BP HERE



BP  
140/90 or  
under

BP 140/90  
- 160/100

BP over  
160/100

BP over  
180/110



This is normal.  
Recheck  
in 6-12  
months



Recheck BP  
in 2 weeks  
If this is your  
recheck then  
please book a BP  
check with a nurse



Book a  
routine BP  
check with  
a nurse

Book a  
telephone  
consult with  
your slip at  
reception

Actioned date \_\_\_\_\_ by \_\_\_\_\_  
Appt booked/action taken \_\_\_\_\_