

Home Blood Pressure Readings

It is generally recommended that patients over the age of 45 routinely check their blood pressure.

Some of our patients, who are visiting the surgery for other reasons, will get their blood pressure checked while with us and these ad hoc readings are sufficient to highlight any concerns. However, if you are fit and well and not visiting the surgery it may also be beneficial to periodically check your blood pressure at home.

Some of our patients, with underlying health conditions, are routinely called into the practice to have their blood pressure checked. These patients may also prefer to carry out routine checks at home.

For many people coming to the surgery is not always necessary. Indeed for some, coming to surgery can trigger “white coat syndrome” i.e. where an otherwise fit and well patient gets an abnormally high blood pressure reading “just” because the test is carried out in the practice.

Blood pressure monitoring machines are relatively inexpensive and can be purchased from most high street pharmacies and on-line suppliers if you don’t already have a device at home.

We have a blood pressure recording template that we would encourage all patients to complete (please follow link below to download the template). Once you have completed the blood pressure recording template please hand it in to the practice for review by your registered doctor. If your recordings are satisfactory they will simply be noted within your medical records. If your recordings give any cause for concern/require further investigation, you will be contacted by the practice and a follow up will be arranged.