

Stage 1 – BP home readings

1. Please take 3 measurements 1-2 minutes apart at a time when they are relaxed.

2. When taking your BP readings:

- Wear short sleeved/loose clothing
- Sit with arm supported on a table or desk and the cuff at heart level
- Ensure arm is relaxed, not tense
- Avoid talking during the measurement
- Record readings

3. Please let us know lowest of the 3 readings and either email to:

gram.torphinsadministrator@nhs.scot

(include your name and DOB)

Or

Telephone 013398 82221 and ask Receptionist to let the nurse know your BP readings