



# Blackrock Medical Clinic

## Home Blood Pressure advice sheet:

Your blood pressure readings have been found to be high today in clinic. This may be due to “white coat” effect i.e. when seeing a doctor your bp rises due the anxiety related to a doctor’s visit. This is a common condition but to ensure your bp rise in just “white coat” you need to monitor your bp at home.

Please buy or borrow an **ARM** (not wrist) blood pressure monitor. (Monitors are available to purchase at reception and most chemist shops).

Take your bp readings x 3 on the R arm twice daily for 7 days

Send in the bp readings to the Blackrock Medical Clinic for review or email to **blackrockmedicalclinic@gmail.com**

you will receive a text message from the doctor advising you if your blood pressures are normal or to make an appointment for further testing and treatment if indicated

Name.....DOB.....

Normal blood pressure should be less than 140/90

	<i>AM Blood Pressure Readings</i>			<i>PM Blood Pressure Readings</i>		
<i>Day 1</i>	/	/	/	/	/	/
<i>Day 2</i>	/	/	/	/	/	/
<i>Day 3</i>	/	/	/	/	/	/
<i>Day 4</i>	/	/	/	/	/	/
<i>Day 5</i>	/	/	/	/	/	/
<i>Day 6</i>	/	/	/	/	/	/
<i>Day 7</i>	/	/	/	/	/	/