**Appendix 2: Patient information: How to take your blood pressure at home using an upper arm monitor**

You will be asked to take your blood pressure either:

* Once a week if you are at higher risk of getting high blood pressure
* One to three times a week if you have high blood pressure.
* Or you might be instructed otherwise depending on your individual case

Check with your midwife or doctor how often they would like you to monitor your blood pressure.

* Always measure your blood pressure using the same arm (normally the left arm).
* Wear loose clothing with sleeves that roll up easily and do not feel tight when rolled up (you will need to fit the cuff onto your bare arm) or take your arm out of the clothing.
* Sit on a chair with your back supported and both feet flat on the floor.
* Rest for 5 minutes before beginning to take blood pressure readings.
* Slip the cuff onto your arm so that the air tube points towards your wrist.
* The line on the cuff should be over the inside of your elbow.
* Adjust the bottom edge of the cuff so that it is about 2cm above the inside of the elbow joint.
* Tighten the cuff around the arm and secure using the Velcro.
* Rest your arm on a table or across your lap with your hand slightly open and the palm facing upward.
* Once the machine is set up and you have the cuff in the correct position, and you are ready to start, press the start button on the front of the machine to take a reading.
* Relax, do not move your arm muscles and do not talk until the measurement is completed.

Each time you measure your blood pressure you will get two readings:

* The top number (usually called SYS, short for systolic),
* The bottom number of your blood pressure, (usually called DIA, short for diastolic)
* Measure your blood pressure twice, at least one minute apart.
* Record the readings on the BP result documentation sheet.
* Refer to the action card ‘Blood pressure thresholds for self-monitoring’ which will explain what to do next.