

BINSCOMBE MEDICAL CENTRE

Blood Pressure Home Monitoring Scheme Guidelines For Patients

Once you have agreed with your usual Doctor to monitor your blood pressure (BP) at home, we recommend you purchase a suitable blood pressure machine. If you wish you can bring your machine to an appointment with the practice nurse and she will demonstrate the correct procedure for taking and recording BP measurements. Wrist and finger BP machines are **not** recommended.

Recommended BP machines.

1. **Omron M3** Basic machine, easy to use but ONLY FITS WITH STANDARD SIZE CUFF
2. Omron M6 or M7 Slightly more expensive & sophisticated, will work with any sized cuff
- 3 Omron 705IT More expensive but can link to computer to allow readings to be recorded in Excel

Cuff Size: Depends on the size of your upper arm but must be correct for accurate readings.

Small adult	18-22cm (upper arm circumference)	= small cuff
Standard adult	23-32cm	= standard (Easy Cuff)
Large Adult	33-50 cm	= large cuff

Suppliers

1. Internet: Many companies will sell these machines via the internet. Two competitive sites to look at are:
www.white-medical.co.uk (Tel: 01788 553904)
www.chemistdirect.co.uk (Tel: 0845 2590175)
2. High Street chemists: Note that some “own brand” machines are not recognised by the British Hypertension Society. Binscombe Pharmacy stocks the M3 machine
Be sure to ask about machine warranty, repair and calibration service.

Other useful information sources.

Omron Healthcare(uk) Ltd : 0870 750 2771. www.omron-healthcare.com

British Hypertension Society: www.hyp.ac.uk/bhsinfo (lists validated BP machines)