



Home Blood Pressure Guide

Tips for measuring your blood pressure at home via a digital blood pressure machine

TURNER SYNDROME



SUPPORT SOCIETY [UK]



It's best to sit down with your back supported and legs uncrossed for at least 5 minutes before the test.

You will usually need to roll up your sleeves or remove any long-sleeved clothing so the cuff can be placed around your upper arm. Ideally measure the blood pressure on the right arm.

Try to relax and avoid talking while the test is carried out.

During the test: you hold out one of your arms so it's at the same level as your heart, and the cuff is placed around it – your arm should be supported in this position with a cushion or the arm of a chair, for example.

- the cuff is pumped up to restrict the blood flow in your arm – this squeezing may feel a bit uncomfortable, but only lasts a few seconds
- the pressure in the cuff is slowly released and detectors sense vibrations in your arteries – a doctor will use a stethoscope to detect these if your blood pressure is measured manually
- the pressure in the cuff is recorded at 2 points as the blood flow starts to return to your arm – these measurements are used to give your blood pressure reading
- You can usually find out your result straight away or on the digital display.



Advice on purchasing a home blood pressure monitor can be found here:

<https://bihsoc.org/bp-monitors/for-home-use/>

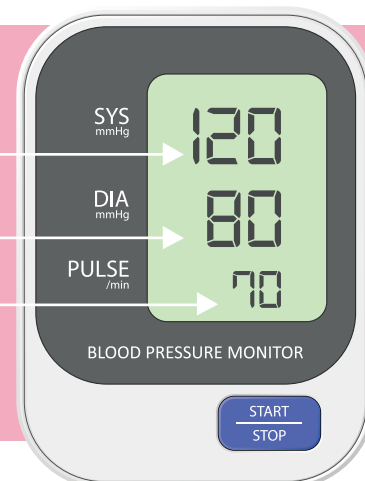
Please contact your medical team for specific advice.

Blood pressure is measured in millimetres of mercury (mmHg) and is given as 2 figures:

systolic pressure – the pressure when your heart pushes blood out (the top reading)

diastolic pressure – the pressure when your heart rests between beats (the bottom reading)

heart rate (the number to the side/below)



Home Blood Pressure Record

Name:	DOB: / /	Weight: kg	Height: cm
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My blood pressure target as advised by my Endocrinologist or Cardiologist is:

Please contact your medical team for specific advice or instructions regarding your health/blood pressure.

You can take this chart to your routine Turner Syndrome or GP appointments.

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