Blood Pressure Measurement at home
Information from the Internal Medicine Outpatient Clinic

Recent studies confirm that in the treatment of high blood pressure an average of the blood pressure measured at home, gives a better picture of blood pressure compared to measurements taken during visits to the clinic. Below is a guide for measuring blood pressure at home.

Each month you measure for 7 days (a minimum of 4 days) the blood pressure:
* Twice in the morning, preferably immediately after awakening;
* Twice in the evening, preferably just before bedtime.

The average of these measurements is used for the assessment and treatment of blood pressure. The goal is a blood pressure of 135/85. When you are referred back to your family doctor we advise that every 3 months, you monitor your blood pressure for the period of a week.

<table>
<thead>
<tr>
<th>Step 1</th>
<th>Avoid taking measurements directly after eating, drinking, or smoking. Allow at least one hour between these activities and measurement of your blood pressure.</th>
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<tbody>
<tr>
<td>Step 2</td>
<td>Prepare a chair and table for the measurement. The chair should have a vertical backrest and the table should allow for your upper arm to rest at the same height as your heart.</td>
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<tr>
<td>Step 3</td>
<td>Remove all clothing covering or constricting the measurement arm. Apply the cuff. Make sure the lower edge of the cuff is 2–3 cm from the inner fold of your arm. The tube connecting the cuff to the device should be placed on the inside of the arm. (Additional visual instruction can be found on most of the cuffs)</td>
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<tr>
<td>Step 4</td>
<td>Sit down and relax for at least 5 minutes prior to the measurement.</td>
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<tr>
<td>Step 5</td>
<td>Sit upright and lean comfortably against the chair’s backrest. Press the start button. During the measurement do not move, cross your legs, or tense your arm muscles. Breath normally and do not talk.</td>
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<tr>
<td>Step 6</td>
<td>One measurement cycle includes two measurements. Once the first measurement is complete, continue to relax as you wait for the second measurement. start after 60-seconds the second measurement. During this time avoid movement.</td>
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<tr>
<td>Step 7</td>
<td>When seven days of measurements have been collected, you can calculate an average. you can bring your device with you on your next doctor visit, so they can calculate an average.</td>
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</tbody>
</table>
Sphygmomanometers assessed by the Dutch Heart Foundation

How do I know if a particular brand or type is reliable?
Each sphygmomanometer has a CE mark. The device is tested in practice and is safe. It is not a hallmark for reliability.
The Institute Dabl test the reliability of sphygmomanometers. The testers work with international protocols.
In the overview right you'll find the through Dabl Institute approved blood pressure (upper arm). All these meters are available in the Nethelands. You will find them among others at the larger pharmacies, home care shops or medical specialty supply stores.

What does the Dutch Heart Foundation recommend?
The Heart Foundation is independent. It expresses no preference for a brand or meter. The above sphygmomanometers have been approved and found to be reliable. This does not mean that all other gauges are unreliable. They are not tested according to the international protocol.
The Heart Foundation reassess quarterly the list of sphygmomanometers. In addition you will find a list of well-tested blood pressure.

Source: www.hartstichting.nl march 2013

Useful Internet addresses:
Bronovo Hospital: www.bronovo.nl online appointments, information about the hospital
Sports: www.denhaag.nl/home/bewoners/sport.htm
Weight loss: www.obesitaslaufkliniek.nl
Quit smoking: www.bronovo.nl dep. pulmonary diseases, quit smoking or mail: rookstoppoli@bronovo.nl
www.nederlandstop.tu
www.allencarr.com
Sphygmomanometers: www.watchbp.nl www.bloeddrukmetershop.nl (discount code 132010, 10% discount on Omron sphygmomanometer)
Renal diseases: www.kidneyfund.org
High blood pressure: www.eshonline.org European society of hypertension

Blood samples:
Bronovo hospital Monday unittl Friday: 7.30 – 16.00 hours
2nd floor Tuesday: 7.30 – 20.30 hours
Saturday: 8.00 – 11.00 hours

Questions?
Have you any questions to which you could not find the answer on our website?
Mail us at expat@bronovo.nl On working days, you will receive a reply within 24 hours.
Solely for urgent matters of a non-medical nature, you can also call: 070 - 312 40 16 (English spoken).
The line is open on working days between 8.00 a.m. and 4.30 p.m.

For specific medical questions call Internal Medicine Outpatients' Clinic on 070 – 312 43 07