

Readings	Information	Advice for patients
<p>Below 100/40 mmHg</p>	<p>If your BP reading is below 100 mmHg (systolic – the upper number) or 40 mmHg (diastolic – the lower number) your blood pressure is lower than expected.</p> <p>If you are taking medication this may mean your treatment needs to be adjusted.</p>	<p>Take your BP again. If the upper reading is still lower than 90 mmHg and you feel unwell, you should call your GP or out-of-hours service urgently. If you feel well you should contact the surgery on the next working day.</p> <p>If the upper reading is still between 90 mmHg and 99 mmHg, please contact your GP or practice nurse within the next few days for advice.</p> <p>If you are taking medication this may mean your treatment needs to be adjusted.</p> <p>In addition to this, to help alleviate symptoms until your BP has stabilised:</p> <ul style="list-style-type: none"> ■ Stand up gradually and avoid standing for too long ■ Eat small frequent meals / increase your fluid intake ■ Avoid caffeine and limit your alcohol intake ■ Wear support stockings
<p>Between 100/40 mmHg and 124/74 mmHg</p>	<p>When taken at home your blood pressure is within the desirable range if the upper number (systolic) is between 100 mmHg and 124 mmHg and the lower (diastolic) is between 40 mmHg and 74 mmHg.</p> <p>Hopefully your blood pressure readings will be less than 125/75 mmHg when you measure them at home.</p>	<ul style="list-style-type: none"> ■ Do your best to follow a healthy lifestyle. ■ Eat well – eat 5 portions of fruit and vegetables every day and cut down on fat, sugar and salt. ■ Exercise – walk for half an hour each day if you can. ■ Check your alcohol intake – it's recommended that you drink less than 14 units of alcohol per week. ■ Keep your weight down – aim for a BMI of 25 or below. For information on BMI visit NHS Inform. ■ If you smoke, think about stopping. Ask your GP practice if you would like support.
<p>Between 125/75 mmHg and 180/110 mmHg</p>	<p>If your blood pressure is higher than 124/74 mmHg when taken at home, it is above the desirable range. This may just be a one-off or it may indicate that your blood pressure is not well controlled.</p> <p>If the lower number (diastolic) is between 75 mmHg and 100 mmHg.</p> <p>If your blood pressure is between 125/75 mmHg and 149/100 mmHg having previously been well controlled.</p> <p>If your blood pressure remains between 150/100 mmHg and 180/110 mmHg having previously been well controlled.</p>	<p>If you have been prescribed medication, keep taking your tablets every day as prescribed.</p> <p>Think about what could have made your blood pressure go up e.g. were you angry or stressed? If you can identify it, take action to alter it.</p> <p>This is not normally a cause for immediate concern.</p> <p>Wait to see if your blood pressure settles. If not, and you do not have a review booked in the next 2 months, contact your GP or practice nurse within the next few days for advice.</p> <p>Contact your GP or practice nurse within the next few days for advice.</p>
<p>Above 180/110 mmHg</p>	<p>If your blood pressure reading rises above either 180 mmHg (systolic) or 110 mmHg (diastolic).</p> <p>If the upper number (systolic) of your blood pressure is above 200 mmHg.</p>	<p>Take your BP again. If it is still high, contact your GP or practice nurse within the next few days for advice.</p> <p>Take your BP again. If it's still as high you must seek medical advice urgently today. Phone your GP surgery/your out-of-hours medical contact number or NHS24 on 111.</p> <p>Stay calm, try some relaxation techniques. Just sitting still and thinking about your breathing can help to calm you. Or think about a relaxing time you've had in the past e.g. a holiday or long soak in the bath.</p> <p>Very high blood pressure could trigger a stroke so it's important to seek medical advice as soon as possible</p>