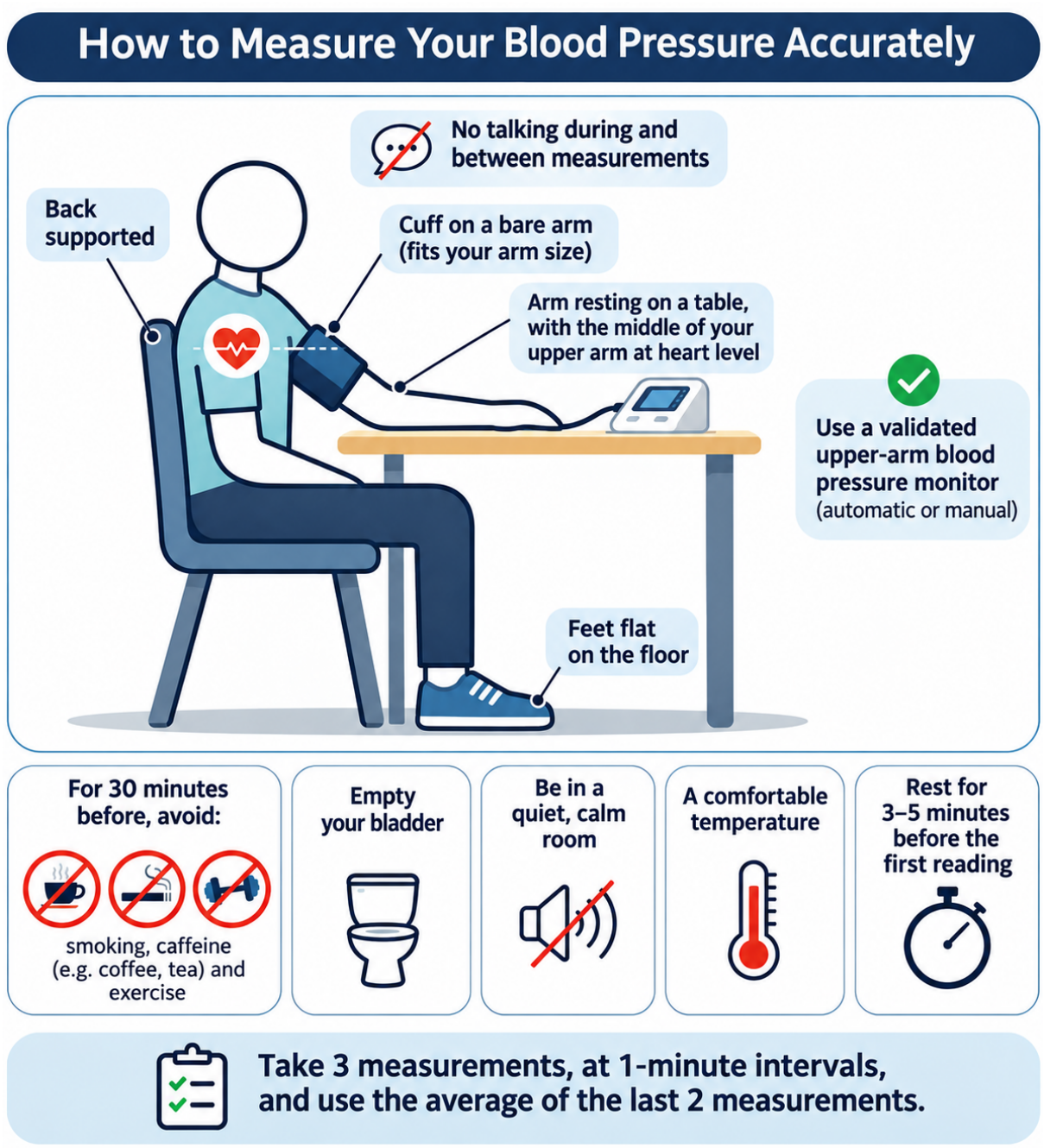
Jacobs Clinic

# Guidance for blood pressure (BP) monitoring

You are required to check your blood pressure and heart rate before and after any changes are made to your ADHD medication. Without this information we are unable to start new medication or alter your doses.

The easiest way to monitor your blood pressure and heart rate is with a home blood pressure monitor. Alternatively, many chemists/pharmacies and GP practices operate a free blood pressure checking service, but you will need to call in advance to ensure this is available.




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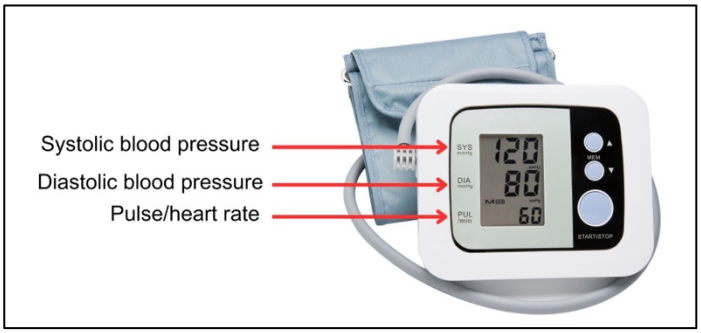
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**What should I do once I have recorded my blood pressure?**

Once you have recorded your blood pressure and pulse/heart rate send them to our clinic via email contact@jacobsclinic.co.uk

Please ensure you include the following:

1. Date of measurement
2. Systolic blood pressure
3. Diastolic blood pressure
4. Pulse/heart rate




**What blood pressure monitor should I use?**

The British and Irish Hypertension Society have a list of clinically validated home blood pressure monitors on their website.

https://www.bhf.org.uk/informationsupport/heart-matters-magazine/medical/tests/blood-pressure-measuring-at-home