

UNDERSTANDING YOUR MEASUREMENTS

For patients 80 years and over

For RED or BLUE readings you will need to repeat them initially and if they remain too high or too low you will be advised to seek medical advice.

In each case, the top reading is the SYStolic and bottom reading DIAstolic.

Colour	Level	Blood Pressure	Action
RED	HIGH	SYS 171 or more OR DIA 106 or more	Your BP is too high. Make an appointment within 48 hours to see your GP or nurse.
AMBER	RAISED your GP/nurse may contact you to alter your medication	SYS 146-170 OR DIA 86-105	Your BP is raised. If you have persistent AMBER readings (4 or more days of the week) then you should contact from your GP/Practice nurse as you may need your medication altered.
GREEN	NORMAL	SYS 100-145 AND DIA 85 or less	Your BP is normal. This is fine provided that you have no side effects.
BLUE	LOW	SYS 99 or less	Your BP is too low. Make an appointment within 48 hours to see your GP or nurse.