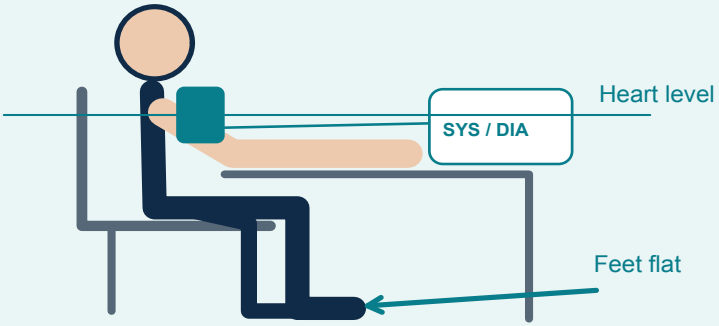
# High blood pressure

A practical guide for adults

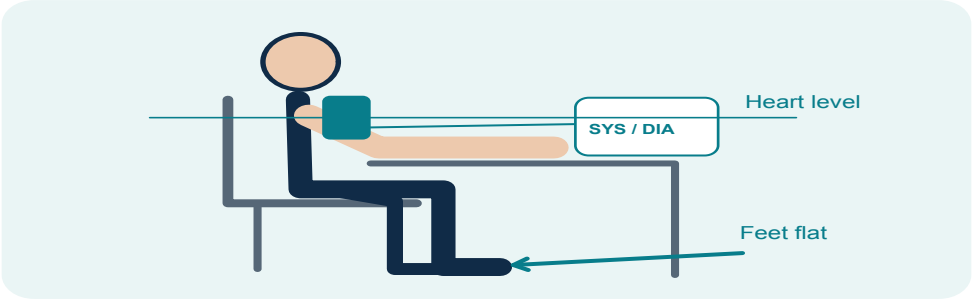



## Know when to seek urgent help

Call 112 for chest pain, severe breathlessness, new weakness, confusion or difficulty speaking. Do not wait for another reading.

If the top number is 180 or more OR the bottom is 120 or more, without these symptoms: rest, repeat after at least 1 minute and seek urgent same-day advice if still this high.

# Measure accurately




*Back supported. Feet flat. Cuff at heart level.*

## Before the reading

Use a validated upper-arm monitor with the right cuff size. Avoid smoking, caffeine and exercise for 30 minutes; empty your bladder.

Sit quietly for 5 minutes. Support your back and arm, put both feet flat on the floor and keep your legs uncrossed.

## Take and record two readings

Put the cuff on bare skin with its centre at heart level. Do not talk. Take two readings at least 1 minute apart.

For diagnosis, your clinician may ask for morning and evening readings for 4-7 days, ideally 7. The first day is excluded from the diagnostic average.

# Use your numbers

## Agree a personal target

High blood pressure often has no symptoms. A clinic reading of 140/90 or a home average of 135/85 or above needs assessment, not a diagnosis from one reading.

Targets vary. This guide is not for pregnancy: raised readings or symptoms in pregnancy need prompt maternity advice.

## Everyday treatment

Take medicine as prescribed; do not stop it or take extra doses to chase a reading. Reduce salt, be active as advised, avoid smoking and limit alcohol.

| Date | AM: 1 / 2 | PM: 1 / 2 |
|---|---|---|
| | | |
| | | |
| | | |
| | | |

**My agreed target**

**My next review**

# Your clinic and care plan

**Healthway Medical Centre**
9 Mdina Road, Ħaż-Żebbuġ
ZBG 9015, Malta
**+356 2033 1155**
Mobile: +356 9952 5356
info@healthwaymalta.com
www.healthwaymalta.com

Mon-Fri 09:00-12:00 & 16:00-20:00
Saturday / public holidays 09:00-14:00
**Sundays closed, including public holidays.**

**For emergencies, call 112. Do not wait for an email or clinic reply.**

**My medicines / questions**

**My monitoring plan**

## Guidance and further reading

NHS: High blood pressure

NICE NG136: Hypertension: diagnosis and monitoring

American Heart Association: Home blood pressure monitoring

Approved for publication 30 October 2026. Original illustrations; general information, not an individual diagnosis. Follow advice from your treating team.