

Home Blood Pressure Monitoring



Instructions:

- Please measure your blood pressure as advised by your healthcare provider
- Please email your blood pressure record to:
AH_ChronicDiseases@nuhs.edu.sg
- Please bring your home blood pressure record during your next visit. You may be asked to bring your home blood machine if your home blood pressure record is different from the clinic one.

Your home blood pressure target: _____

Notes:

- Please do not consume food/drinks that contain caffeine, smoke and/or exercise 30mins before BP measurement
- Sit comfortably on a chair with your back straight and feet flat on the floor
- The arm cuff should be placed on your arm at the same level of your heart and 1-2cm above your elbow with the air tube running down your arm.
- Avoid movement and talking during measurement



Systolic BP
Top number



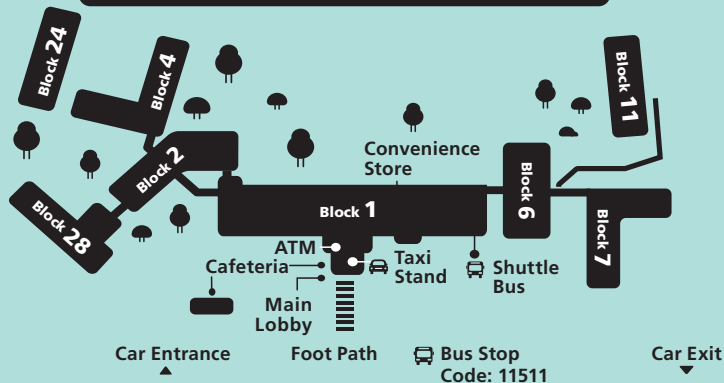
Diastolic BP
Bottom number



Heart Rate

Date	Time	Systolic BP	Diastolic BP	Heart Rate	Before Meds	After Meds	Any symptoms? (headache/ giddiness/ blurred vision etc)	Remarks
2/5/2021	8am	118	78	70	✓		No	EXAMPLE

How to Get Around Alexandra Hospital



Block 1

Level 1

- Clinic F, Clinical Measurement Centre
- Pharmacy

Level 2

- Clinic J, Integrated Care Clinic
 - Gynaecology Clinic
 - Outpatient Infusion Centre (OPIC)
 - Podiatry
- Clinic K, Healthy Ageing Clinic
 - Dietetics
 - General Surgery Clinic
 - Palliative Clinic
 - Physiotherapy
 - Plastic Surgery
 - Rehabilitation & Restorative Medicine Clinic
 - Staff Clinic
 - Urology Clinic
 - Vascular Clinic

Level 3

- Ward 7

Block 2

Level 1

- Clinic D, Dental Centre
- Clinic E
 - Anaesthesia Outpatient Consultation Clinic
 - Hand and Reconstruction Microsurgery
 - Neurosurgery
 - Orthopaedic Centre

Level 3

- Day Surgery Operating Theatre (DSOT)

Block 4

Level 1

- Ambulatory Surgery Centre
- Endoscopy Centre
- Rehabilitation 1

Level 2

- Wards 2 and 3

Level 3

- Wards 4 and 5

Block 6

Level 1

- Diagnostic Imaging 2 (DI 2)
- 24-HR Urgent Care Centre

Level 2

- Diagnostic Imaging 3 (DI 3)
- Major Operating Theatres 1 and 2 (MOT 1 & 2)

Level 3

- Intensive Care Unit 1 (ICU 1)
- Major Operating Theatres 3 and 4 (MOT 3 & 4)

Block 7

Level 1

- Wards 8 and 9

Level 2

- Wards 10 and 11

Level 3

- Wards 12 and 13

Block 11

Level 1

- Rehabilitation 2

Block 28

Level 1

- Care and Counselling
- Clinic A, Ear, Nose and Throat Centre (ENT Centre)

Level 2

- Clinic B, Eye Surgery Centre

The information provided in this publication is meant purely for educational purposes and may not be used as a substitute for medical diagnosis or treatment. You should seek the advice of your doctor or a qualified healthcare provider before starting any treatment or if you have any questions related to your health, physical fitness or medical conditions. Information is accurate at time of printing (November 2021) and subject to revision without prior notice.

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