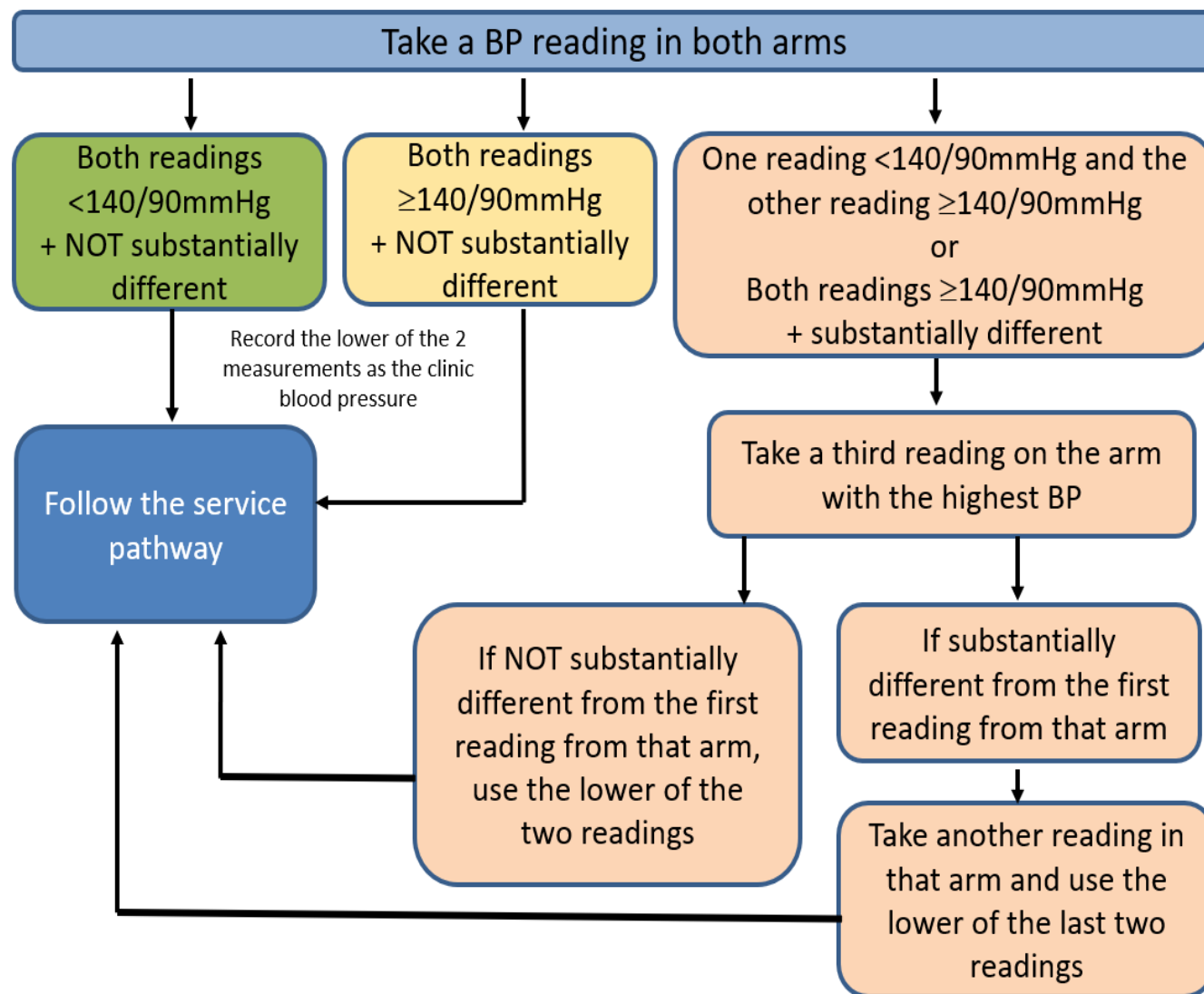


# Guidance on clinic blood pressure check

Measure BP  
in line with  
NICE  
guidance



Clinic Blood Pressure

**Low blood pressure:**  
Lower than 90/60mmHg

**Normal blood pressure:**  
between 90/60mmHg & 139/89mmHg

**High blood pressure:**  
between 140/90mmHg & 179/119mmHg

**Very high blood pressure:**  
180/120mmHg or higher