

Further information and advice can be obtained from:

British Heart Foundation  
Greater London House  
180 Hampstead Road  
London  
NW1 7AW

[www.bhf.org.uk](http://www.bhf.org.uk)

Main telephone number 020 7554 0000  
Heart HelpLine 0300 330 3311 (local rate number, open Monday to Friday 9:00 am-6:00 pm).

This leaflet is available in large print, Braille and on tape.  
Please contact 0151 604 7289 if calling from outside the Hospital and x2761 if calling from inside the Hospital.



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# Understanding Borderline High Blood Pressure

Pre Operative Assessment  
Direct Line: 0151 482 7755

### Why do I need to see my doctor?

At the assessment service today your blood pressure was recorded as:

Date: \_\_\_\_\_

1. \_\_\_\_\_

2. \_\_\_\_\_

Your blood pressure readings are within the guidelines set by the Anaesthetic Consultants, details of which are in the letter to your doctor. These guidelines are set deliberately high to take into account a temporary rise in your blood pressure, which may be caused by anxiety.

We are proceeding with your planned admission but it is important that your doctor checks your blood pressure to ensure that your normal readings are lower than those recorded today.

### What is blood pressure?

Blood pressure is a measurement of the pressure exerted on the artery walls with each beat of the heart.

Two types of pressure are measured.

**Systolic** – the higher reading

– The pressure created by the contraction of the heart.

**Diastolic** – the lower reading

– The arterial pressure when the heart relaxes.

Although medical opinion varies, a person's blood pressure can be considered to be normal if the systolic reading is 140 or lower and the diastolic reading is 90 or less.

Remember that this is a guide only. Blood pressure varies from minute to minute, changes with activity and increases with age. Your doctor will take all of these factors into consideration when measuring your blood pressure.

### What factors influence blood pressure?

There are many factors which affect blood pressure:

Anxiety: A temporary rise in blood pressure can occur in response to a stressful situation such as a visit to the hospital. This is now recognised as "white coat syndrome" and does not usually require treatment.

Some other factors include:

- Family history
- Alcohol
- Obesity
- Stress
- Unhealthy lifestyle
- Age
- Unknown factors

Should you have any problems or unanswered questions, please feel free to contact your assessment nurse.

### Direct Lines:

Clatterbridge Hospital:

0151 482 7928

Mon – Fri 9:00 am – 5:00 pm

Arrowe Park Hospital:

0151 604 7150

Mon – Fri 9:00 am – 5:00 pm

Women's Unit:

0151 604 7142

Mon – Fri 9:00 am – 5:00 pm

Eye Department:

0151 604 7438

Mon – Fri 9:00 am – 5:00 pm

To help us establish a true picture of your blood pressure away from the hospital environment, it would be helpful if you could obtain a few blood pressure checks from your practice nurse or doctor.

Patient Name: \_\_\_\_\_

Date	BP Reading	Signature
1.		
2.		
3.		
4.		
5.		

Please bring the above chart with you on your admission to hospital.