

Checking your blood pressure and urine during your chemotherapy treatment

Oncology

Information for Patients

Produced: Sept 2025

Review: Sept 2028

Leaflet number: 2035 Version: 1

About This booklet

There are two parts to this booklet:

An information section

A recording section

Information section

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To give feedback about this information sheet, contact uhl-tr.informationforpatientsmailbox@nhs.net

Patient Details

Name:

Hospital number:

NHS number:

Address:.....

.....

Contact number:

Date of birth:

Name of chemotherapy.....

Clinician:

What is this booklet for?

This booklet will help you learn how to check your blood pressure and urine while having chemotherapy treatment.

You will get more information about your medication at your chemotherapy appointment.

Some things can make your blood pressure go up for a short time. To get the best result:

Before you check your blood pressure

- Do not eat a big meal right before checking.
- Go to the toilet first if you need to.
- Wait 30 minutes if you've had caffeine (like tea or coffee), smoked, exercised, or had alcohol.

Getting Ready:

- Wear loose clothes. A short-sleeved top is best so you can roll up your sleeve easily.
- Use the same arm each time ideally the one your doctor uses.
- Rest quietly for 5 minutes before you start. Sit with:
 - Your arm resting on a table, palm facing up
 - Your back supported
 - Your feet flat on the floor
 - Stay in this position while you take the reading

Arm Position:

- Keep your arm relaxed and supported.
- Make sure your arm is at the same level as your heart, use a cushion if needed.

How to check your blood pressure

Step-by-step

- Put the cuff on your arm, following the instructions that come with your monitor.
- Sit down, relax and get comfortable. If you feel nervous or uncomfortable, your blood pressure might go up for a short time.
- Stay still and quiet while the monitor takes your reading. Don't move, talk, or chew as these things can change the result.

What the numbers mean:

Your monitor will show two numbers:

- **Systolic** (top number): This shows how hard your blood pushes when your heart beats.
- **Diastolic** (bottom number): This shows how hard your blood pushes when your heart rests between beats.

Taking your readings:

- Take 3 readings, with about 2 minutes between each one.
- Sometimes the first reading is higher than the others. If that happens, keep taking readings until they stop going down. Use those steady readings as your result

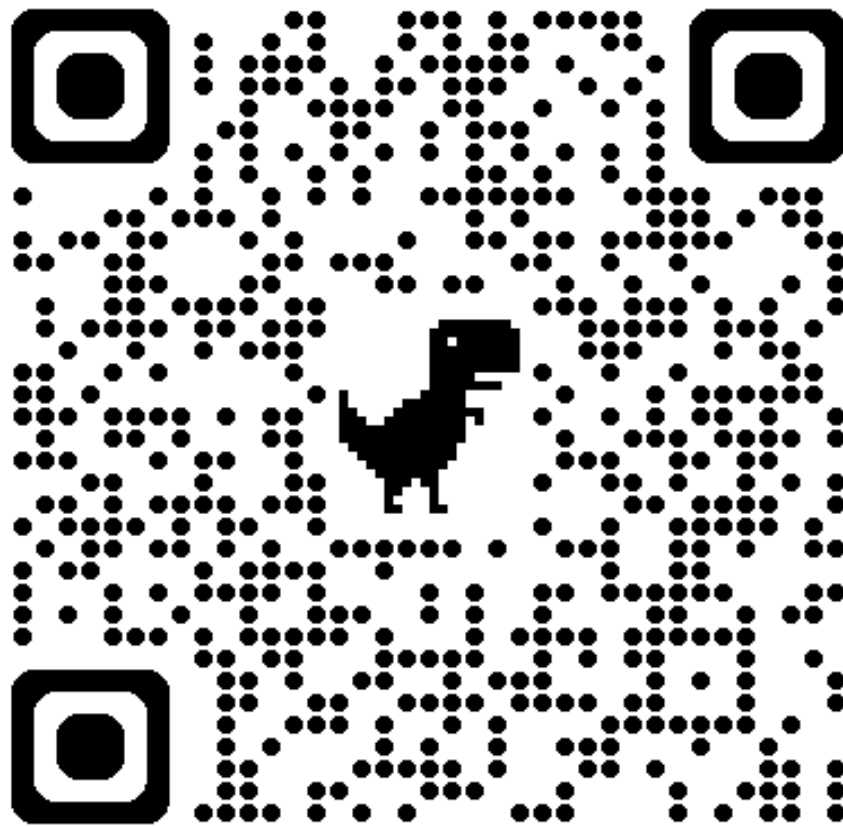
Recording your results:

- Write down both numbers (top and bottom) in this booklet on the page for your chemotherapy cycle.
- Please send an image of the test strip to accurx link sent to you at your new case talk
- If you have any queries please call the number on the back of this booklet

Your doctor or nurse will tell you how often to check and record your blood pressure between treatments.

If you're not sure how to do it, ask your nurse they're happy to help





Video on how to measure your blood pressure



SCAN ME

YouTube link: <https://www.youtube.com/watch?v=mfwBpBXUYHs>

Understanding Your Blood Pressure Reading

Systolic (mmHg)	Diastolic (mmHg)	What It Means/ What You Should Do
less than 90	less than 60	 Low blood pressure - Contact your GP or call 111
90 to 140	60 to 90	 Healthy blood pressure - No action is needed
140 to 180	90 or higher	 High blood pressure - Seek advice from the oncology helpline for advice
180 or higher	90 or higher	 Hypertensive crisis - Urgently contact the oncology helpline

Checking your urine

Your urine can be checked in one of 3 ways:

At your clinic appointment:

- Your doctor or nurse will give you a small pot to collect your urine.
- On the day of your appointment, bring a fresh sample in that pot. (See the next page for how to collect your urine sample properly.)
- Give your sample to the healthcare assistant when you arrive.
- Tell them it needs to be checked for protein as part of your chemotherapy test.
- They will write down your results in your monitoring book and on a result sheet.

At home

- Your nurse might give you special test strips (called dipsticks) to use at home.
- A nurse will show you how to use the strips and explain what the results mean.
- They will also show you how to write your results in your monitoring booklet.

At the blood pressure and urine clinic:

- If you cannot do the test at home, you can book an appointment at the Chemotherapy Suite.
- Make sure your appointment is at least 7 days before your treatment
- Bring a fresh urine sample in the pot on the day.
- Hand it to the nurse or healthcare assistant and let them know it needs to be checked for protein.
- Your results will be written in your record book and on a result sheet.

How to collect your urine sample

Collecting a urine sample may seem simple, but it is important to follow these instructions to prevent contamination from your hands or the skin around your urethra (the tube that carries urine out of the body).

All urine samples must be midstream samples so the test is accurate.

Steps to collect a clean urine sample if you are bringing it to clinic:

1. Label the sample pot – write your full name, date of birth, and the date on the urine pot using a waterproof pen.
2. Prepare a container (if needed) – if your sample pot is too small, use a clean, dry plastic or paper cup.
3. Collect the sample – start urinating into the toilet, then collect the urine midstream (about 10 ml is enough).
4. Transfer (if needed) – pour the urine you have collected into the labelled sample pot and discard any excess.
5. Secure and Clean – close the lid tightly, wipe off any drips, and wash your hands.
6. Store – place the sample bottle in a clear plastic bag with your details visible.

What to do if you complete your blood pressure or do a urine dipstick test after your chemotherapy review appointment

If you take your blood pressure or do a urine dipstick test after your clinic appointment, it's important to let the chemotherapy team know your results **7 days** before your next treatment is due.

Please click on the Accurx link that was sent to you by text message.

The text message will look like the one shown below.

Use the link to upload photos of:

- your blood pressure readings
- your urine dipstick results

Dear

Please submit your blood pressure readings and urine dip image 7 days before your next treatment day. Using the link below, select the 'I have a health problem' option, then upload photos or images....

<https://accurx.nhs.uk/patient-initiated/rweche> 

TOP RESPOND or VIEW ATTACHMENTS, please follow this link:

<https://accurx.nhs.uk/c/p-7uwfhpjavn> 

Thanks,

Chemotherapy Suite @Leic_hospital

Patient Recordings



Useful numbers:

- Macmillan Support Line: 0808 808 00 00
- Oncology emergency helpline number 0808 178 2212
- NHS 111 online gives information if you need fast medical help but it's not a 999 emergency.
- Chemotherapy desk number: 0116 258 6107 or on 0116 258 6902



اگر آپ کو یہ معلومات کسی اور زبان میں درکار ہیں، تو براہ کرم مندرجہ ذیل نمبر پر ٹیلی فون کریں۔
على هذه المعلومات بلغةٍ أخرى، الرجاء الاتصال على رقم الهاتف الذي يظهر في الأسفل

જો તમને અન્ય ભાષામાં આ માહિતી જોઈતી હોય, તો નીચે આપેલ નંબર પર કૃપા કરી ટેલિફોન કરો

ਜੇ ਤੁਸੀਂ ਇਹ ਜਾਣਕਾਰੀ ਕਿਸੇ ਹੋਰ ਭਾਸ਼ਾ ਵਿਚ ਚਾਹੁੰਦੇ ਹੋ, ਤਾਂ ਕਿਰਪਾ ਕਰਕੇ ਹੇਠਾਂ ਦਿੱਤੇ ਗਏ ਨੰਬਰ 'ਤੇ ਟੈਲੀਫੋਨ ਕਰੋ।

Aby uzyskać informacje w innym języku, proszę zadzwonić pod podany niżej numer telefonu

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