



Patient Information Sheet

Home Blood Pressure Monitoring with Florence Intelligent Messaging

Introduction

You have been asked to monitor your blood pressure at home following raised blood pressure readings in PreAMS. Please take a blood pressure reading 3 times a day for 2 consecutive days.

High blood pressure needs to be managed and treated before elective surgery to avoid the risk of complications during or after surgery.

What is Florence or 'Flo' for short?

This is a simple to use text message service that allows you to send your Pre-Assessment Practitioner your home blood pressure readings. This can then be assessed and decided if any further action may be needed before your surgery.

Does Flo cost me anything?

- There is no charge for receiving or sending messages from the UK from Flo.
- **Flo uses a premium number for mobiles so you may receive a warning when replying or sending that you will be charged. This is not the case and is completely free of charge.**
- Flo can be use free of charge with pay as you go mobiles even with no credit.
- Flo used worldwide outside of the UK will be charged at your network rate.

Signing up for Flo

Signing up is easy. The PreAMS team will add your details to Flo and a text will then be sent to you to join.

Please reply **"ACCEPT"**. This means that you are giving your consent to share your information with the PreAMS Practitioner to help manage your care.

When will the Process Start?

You have two options depending on your current circumstances.

1. The PreAMS team can sign you up when you attend for your PreAMS. The process will then start the day after you are seen for your pre-assessment.
2. To start the process **from home**, please text “**PREAMSBP**” to **07860093092** when it is convenient for you to start. Once you start the process, you will receive the prompts the following day.

Both options will be discussed with you in clinic depending on how soon your surgery is expected to be.

How do I text the readings?

- You will receive a text message at **9am, 1pm and 7pm** on **both days**.
- You will be prompted to reply with your home blood pressure reading.
- Type the letters ‘**BP**’ and then your **blood pressure reading**. For example, **BP 120/80**.
- **Press send**.

Please use the format as above or you may receive a reply stating that it does not understand. If this happens, resend using the format as above.

After you have completed 2 days of readings, your Pre-Assessment practitioner will let you know if any further action is required, either by text or phone.

If you do not own a blood pressure machine and are unable to borrow one from a friend or family member, the PreAMS team can loan a machine to you. This will need to be returned to the PreAMS department at the end of your 2 days readings. Please do not wait to return it on the day of your operation as it may be needed for other patients.

An instruction manual will be provided with the machine, or you can scan the QR code or visit **www.bloodpressureuk.org/your-blood-pressure**



If you have any questions after reading the leaflet, please telephone:

UHNM PreAMS - 01782 676559