**Instructions for patients monitoring blood pressure at home**

Please follow these instructions when recording blood pressure at home prior to your blood pressure review:

1. Take two blood pressure readings 1-2 minutes apart in the morning and the same in the evening for 7 days (e.g 8am and 6 pm). Sit down, relaxed, with the machine at heart height and your legs uncrossed. (This is 4 readings each day)
2. Do this for 7 consecutive days (28 readings)
3. Surgery use only: Discard day 1 readings then take the average of ALL the remaining readings

|  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- |
| DAY | AM SYSTOLIC | AM DIASTOLIC | AM SYSTOLIC | AM DIASTOLIC | PM SYSTOLIC | PM DIASTOLIC | PM SYSTOLIC | PM DIASTOLIC |
| Example | 150 | 75 | 140 | 85 | 142 | 93 | 152 | 96 |
| 1 (discard) |  |  |  |  |  |  |  |  |
| 2 |  |  |  |  |  |  |  |  |
| 3 |  |  |  |  |  |  |  |  |
| 4 |  |  |  |  |  |  |  |  |
| 5 |  |  |  |  |  |  |  |  |
| 6 |  |  |  |  |  |  |  |  |
| 7 |  |  |  |  |  |  |  |  |
| Total |  |  |  |  |  |  |  |  |
|  |  |  |  |  |  |  |  |  |

|  |  |
| --- | --- |
| AVERAGE OF ALL DAYS 2 TO 7 READINGS = | / |

**PLEASE RETURN THIS FORM TO THE SURGERY ONCE COMPLETED**