

NAME:

DATE OF BIRTH:

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)

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								

Surgery use only: Discard day 1 readings and then take the average off ALL mean readings

AVERAGE OF ALL DAYS 2 TO 7 READINGS =	/
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PLEASE RETURN THIS FORM TO THE SURGERY ONCE COMPLETED