

Home Blood Pressure Monitoring

Name:.....

Date of birth:.....

Address:.....

*When taking home blood pressure readings remember,

- for each blood pressure recording, two consecutive measurements are taken, at least 1 minute apart and whilst seated **and**
- blood pressure is recorded twice daily, ideally in the morning and evening **and**
- blood pressure recording continues for at least consecutive 4 days, ideally for 7 days.

Date	Morning			Evening		
	Systolic	Diastolic	Pulse Rate	Systolic	Diastolic	Pulse

Please use blood pressure monitor according to instructions from the manufacturer and renew when advised.

It is quite normal for your blood pressure to change throughout the day, as there are many factors which can affect your reading: stress, time of day, activity level or food and drink.

You can bring the results back into reception at the surgery or bring them with you to a follow up appointment if you have one booked.

Further information can be found at www.bhf.org.uk/information-support/support/manage-your-blood-pressure-at-home

*NICE CKS: Hypertension Management