

HOME BLOOD PRESSURE MONITORING

PATIENT NAME	
PATIENT DATE OF BIRTH	

Please monitor and record your blood pressure at home for 7 consecutive days (unless you have been advised otherwise by the clinician). On each day, monitor your blood pressure on two occasions: in the morning (between 6am and 12pm) and again in the evening (between 6pm and midnight). On each occasion take a minimum of two readings, leaving at least a minute between each. If the first two readings are very different, take 2 or 3 further readings.

Use the table below to record all of your blood pressure readings. The numbers you write down should be the same as those that appear on the monitor screen $-DO\ NOT$ round the numbers up or down.

In the comments section, you should also write down anything that could have affected your reading, such as feeling unwell or changes in your medication.

DATE	1 ST MORNING BP READING	2 ND MORNING BP READING	1 ST AFTERNOON BP READING	2 ND AFTERNOON BP READING	COMMENTS
e.g.01.01.2000	142/87	130/80	140/90	154/75	Felt dizzy in the morning
	_				

calculate the average of these 28 readings.

If you feel unable to do this then please ask someone to do it for you. The value of

By completing this chart you should have 28 blood pressure readings in total. Please

If you feel unable to do this then please ask someone to do it for you. The value of doing home blood pressure readings is that by taking an average of the 28 readings we can identify more accurately what your correct blood pressure is.

AVERAGE BP READING:	