

Home Blood Pressure Monitoring Record

Name:

Date of Birth:

Date Given:

Return Date:

GP:

<i>Date</i>	<i>Time of measurement</i>	<i>Systolic (upper value)</i>	<i>Diastolic (lower value)</i>	<i>Pulse</i>
<i>Demonstration</i>				

Day One

<i>Date</i>	<i>Time of measurement</i>	<i>Systolic (upper value)</i>	<i>Diastolic (lower value)</i>	<i>Pulse</i>
<i>1st AM</i>				
<i>2nd AM</i>				
<i>1st PM</i>				
<i>2nd PM</i>				

Day Two

<i>Date</i>	<i>Time of measurement</i>	<i>Systolic (upper value)</i>	<i>Diastolic (lower value)</i>	<i>Pulse</i>
<i>1st AM</i>				
<i>2nd AM</i>				
<i>1st PM</i>				
<i>2nd PM</i>				

Day Three

<i>Date</i>	<i>Time of measurement</i>	<i>Systolic (upper value)</i>	<i>Diastolic (lower value)</i>	<i>Pulse</i>
<i>1st AM</i>				
<i>2nd AM</i>				
<i>1st PM</i>				
<i>2nd PM</i>				

Day Four

<i>Date</i>	<i>Time of measurement</i>	<i>Systolic (upper value)</i>	<i>Diastolic (lower value)</i>	<i>Pulse</i>
<i>1st AM</i>				
<i>2nd AM</i>				
<i>1st PM</i>				
<i>2nd PM</i>				

THE DO'S AND DON'TS OF TAKING YOUR BLOOD PRESSURE

- *Avoid tea, coffee, smoking and exercise half an hour before taking each set of readings.*
- *Try and take each morning and evening readings at the same time of day.*
- *You need to be sat down in a quiet relaxed environment and have rested for 5 minutes with the cuff in position before taking your blood pressure.*
- *The cuff needs to be on your upper arm with the green strip on the inside of your arm, making sure the cuff is not too tight on your arm before taking your blood pressure. Your arm should be supported so that the cuff is in line with your chest.*
- *Do not talk whilst the monitor is taking your blood pressure.*
- *When you have done your 1st blood pressure, record the result, remain sitting with the cuff in position for another 5 minutes then take your blood pressure again and record the result.*
- *Repeat morning and evening for 4 days.*