



**Home Blood Pressure**  
**To investigate raised BP**

Patient's Name: \_\_\_\_\_

Date of Birth: \_\_\_\_\_

Result to: \_\_\_\_\_

To investigate your raised BP we will need a series of home BP readings

Monitor your BP twice daily in the morning & the evening for 7 days

On each occasion, take two readings & record BOTH readings below.

After 7 days return the readings to us by hand, post or email the sheet to [Okehampton.medicalcentre@nhs.net](mailto:Okehampton.medicalcentre@nhs.net)

<u>Day am/pm</u>	<u>Date</u>	<u>Time</u>	<u>SYS</u>	<u>DIA</u>
1 1 <sup>st</sup> am				
1 2 <sup>nd</sup> am				
1 1 <sup>st</sup> pm				
1 2 <sup>nd</sup> pm				
2 1 <sup>st</sup> am				
2 2 <sup>nd</sup> am				
2 1 <sup>st</sup> pm				
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5 1 <sup>st</sup> pm				
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6 1 <sup>st</sup> am				
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6 2 <sup>nd</sup> pm				
7 1 <sup>st</sup> am				
7 2 <sup>nd</sup> am				
7 1 <sup>st</sup> pm				
7 2 <sup>nd</sup> pm				

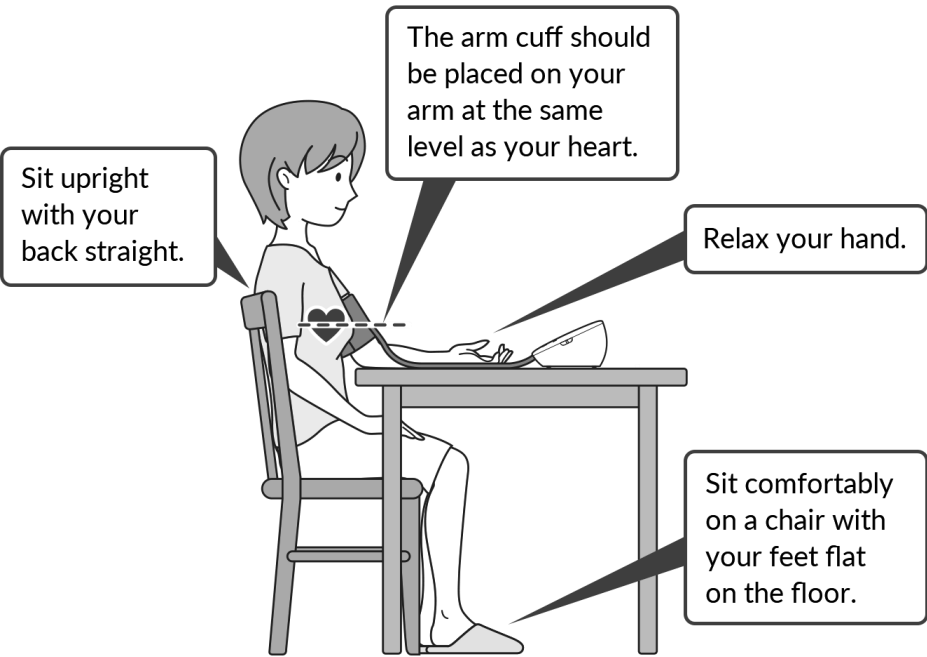
**Please calculate the average for both columns (SYS/DIA).**

Add up all figures for sys. column and divide by no. of entries. Repeat for dia column.

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**How to monitor your blood pressure correctly**

- Sit on a chair with your back supported and both feet on the floor
- Rest an outstretched arm onto a table or a raised cushion.
- Wrap the cuff around the upper part of the outstretched arm at heart level. It is important to have the right size cuff to ensure accurate readings
- Press the button to turn on your monitor and then press again to record BP.
- Sit quietly and still while the BP reading is being taken.



If you would like more information on how to take a blood pressure reading at home or need to purchase a BP machine please visit