**Hanham Health – Home Blood Pressure Monitoring ( )**

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| --- | --- |
| **Name:**  | **D.O.B:**  |
| **GP:**  | **EMIS:**  |

Your doctor has asked you to monitor your blood pressure at home and it is important that you follow the instructions set out below.

You will need to take at least 16 readings over 4-5 days and your blood pressure should be taken twice in the morning and twice in the evening.

1). Place the cuff on your arm, sit down with your arm out stretched in a comfortable position and relax.

2). Press START (1/O) and when complete, record the reading below.

3). Repeat again 1 minute later and record the second reading below.

4). Please note that it is not unusual to get 2 different readings.

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| DATE | DAY | TIME | SYSTOLIC (1st number) | DIASTOLIC (2nd number) |
|  | **1** | AM – 1st reading |  |  |
|  |  | AM – 2nd reading |  |  |
|  |  | PM – 1st reading |  |  |
|  |  | PM – 2nd reading |  |  |

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| DATE | DAY | TIME | SYSTOLIC (1st number) | DIASTOLIC (2nd number) |
|  | **2** | AM – 1st reading |  |  |
|  |  | AM – 2nd reading |  |  |
|  |  | PM – 1st reading |  |  |
|  |  | PM – 2nd reading |  |  |

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| DATE | DAY | TIME | SYSTOLIC (1st number) | DIASTOLIC (2nd number) |
|  | **3** | AM – 1st reading |  |  |
|  |  | AM – 2nd reading |  |  |
|  |  | PM – 1st reading |  |  |
|  |  | PM – 2nd reading |  |  |

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| DATE | DAY | TIME | SYSTOLIC (1st number) | DIASTOLIC (2nd number) |
|  | **4** | AM – 1st reading |  |  |
|  |  | AM – 2nd reading |  |  |
|  |  | PM – 1st reading |  |  |
|  |  | PM – 2nd reading |  |  |

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| DATE | DAY | TIME | SYSTOLIC (1st number) | DIASTOLIC (2nd number) |
|  | **5** | AM – 1st reading |  |  |
|  |  | AM – 2nd reading |  |  |
|  |  | PM – 1st reading |  |  |
|  |  | PM – 2nd reading |  |  |