

How to measure your blood pressure at home

- Please take your blood pressure twice a day for 7 days
- Please take your blood pressure each morning and evening during the recording period
- Take 2 readings each time (morning and evening) with at least 1 minute between each reading
- Use the same arm each time and make sure you are seated comfortable and quietly
- Ensure your name, date of birth and contact telephone number is on the form
- Please put your home reading sheet in the practice post box outside of the main gate

Name.....

Date of birth.....

Telephone number.....

GP/Nurse who requested.....

Date	1st Reading	2nd Reading
Day 1	AM	AM
	PM	PM
Day 2	AM	AM
	PM	PM
Day 3	AM	AM
	PM	PM
Day 4	AM	AM
	PM	PM
Day 5	AM	AM
	PM	PM
Day 6	AM	AM
	PM	PM
Day 7	AM	AM
	PM	PM

