



Home Blood Pressure Monitoring

Name:

Date of Birth:

Instructions:

- Ensure that you are well rested and have taken no exercise 30 minutes prior
- Sit in a chair comfortably and upright with your arm supported beside you and both feet flat to the ground
- Use the machine according to the manufacturer's instructions
- Ensure that you return a complete 7 days of readings with all boxes filled in
- Once completed, return this form to the surgery

	AM Reading	PM Reading	Pulse	Comments
1				
2				
3				
4				
5				
6				
7				

BP readings over 135/85 are considered high if taken at home. If you're over 80 years old, readings over 145/85 after considered high if taken at home. We will average the readings in the surgery and will inform you if we need you to speak to a GP. We'll also inform you if everything is normal.

SURGERY USE ONLY (Tick as appropriate)

Averaged Coded Actioned

Average reading: / Initial ____