

# Home Blood Pressure Monitoring

Name \_\_\_\_\_

Date \_\_\_\_\_

D.O.B \_\_\_\_\_ Requesting Clinician \_\_\_\_\_

**Instructions**

- Take your blood pressure seated, with your body and arm relaxed.
- Take two readings, at least 1 minute apart, AM & PM for 7 days.
- Record your blood pressure numbers exactly as shown by your machine.
- Once completed, return to reception at Great Western Medical Practice.

Further information about blood pressure, including a video tutorial on how to check your BP at home, can be found by searching 'hypertension' on [www.nhsinform.scot](http://www.nhsinform.scot)

Should either your systolic or diastolic repeatedly read **180/120 or above**, seek urgent medical advice.

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

**For practice use only**
**Average BP**

Systolic	
Diastolic	

Date received: \_\_\_\_\_

Actioned by: \_\_\_\_\_