

BLOOD PRESSURE HOME MONITORING RECORD

Name: _____

D.O.B: _____

Address: _____

NHS No: _____

- ✓ Record your blood pressure twice in the morning and twice in the evening.
- ✓ Sit quietly for 5 minutes before each pair of readings.
- ✓ Leave it at least 1 minute between each measurement.
- ✓ Write both results in the boxes - Systolic (Syst) is the highest number and Diastoloc (Diast) is the lower of the 2.
- ✓ Whenever possible return the completed form to the Practice a week prior to your apppointment or if not enough time, please bring this form with you to the clinic.

		Morning Readings				Evening Readings			
Day	Date	Reading 1		Reading 2		Reading 1		Reading 2	
		Syst	Diast	Syst	Diast	Syst	Diast	Syst	Diast
1									
2									
3									
4									
5									
6									
7									
8									