

Home Blood Pressure Monitor

It is increasingly thought that blood pressure measured at home can give us more useful information than that measured in surgery.

Occasionally a person's blood pressure can be artificially high when taken within a surgery or hospital setting, perhaps due to "the stress" of having it measured – so called *white-coat hypertension*.

What to do:

The Doctor or Nurse will instruct you how to use the machine. Don't forget to sit comfortably with the cuff on your arm approximately at the height of your heart (ie your mid-chest). The green edge should be on the inside of your arm (see illustration on cuff). Turn on the monitor, press start and sit quietly whilst the reading is taken.

Please measure your blood pressure **twice in the morning and twice in the evening for seven consecutive days**. On each occasion, the two readings need to be only a few minutes apart. Please then enter both of the readings below:

	Morning Readings		Evening Readings	
	1 st reading	2 nd reading	1 st reading	2 nd reading
Day 1	sys/dia	/	/	/
Day 2	/	/	/	/
Day 3	/	/	/	/
Day 4	/	/	/	/
Day 5	/	/	/	/
Day 6	/	/	/	/
Day 7	/	/	/	/

When you have completed the table please return the monitor and this sheet to reception as soon as possible. After 2-3 days your doctor will have reviewed the results. Please call reception to find out what your doctor suggests. Thank you.

Name..... Dob.....

Doctor requesting test.....Date of last reading.....

<p>Average BP <i>(office use only)</i></p>

<p>Normal <input type="checkbox"/></p> <p>Make appointment <input type="checkbox"/></p> <p>Patient to ring me <input type="checkbox"/></p> <p><i>(office use only)</i></p>
