SELF-MONITORING YOUR BLOOD PRESSURE



Name:	Date of Birth:				
Ensure t	hat:				
•	For each blood pressure recording, two consecutive measurements are taken, at least 1 minute apart and when you are seated.				
•	Blood pressure is recorded twice daily, ideally in the morning and evening. Blood pressure recording continues for between 4-7 days.				
•	Do not be alarmed by occasional high readings, which are common.				
•	Record readings as eg: 139/87				
•	Your readings will be analysed by your GP and you will be advised thereafter of what follow up is required.				
•	If there is a particular GP you would like your recordings to passed to please write their name here				

Date and Day of Week	Time	Systolic Diastolic	1st Reading	Systolic Diastolic	2 nd Reading
	Morning				
	Evening				
	Morning				
	Evening				
	Morning				
	Evening				
	Morning				
	Evening				
	Morning				
	Evening				
	Morning				
	Evening				
	Morning				
	Evening				