

DATE READINGS DONE: FROM

TO

PATIENT NAME:

MEDICATION CHANGES (IF ANY):

**HOME BLOOD PRESSURE MONITORING**

If you are on medication to control your blood pressure (BP), monitoring over seven days at home is a better way of understanding how well controlled your blood pressure is than isolated readings in the surgery.

Advice on home blood pressure monitoring can be found on the British Heart Foundation website: [Manage your blood pressure at home - British Heart Foundation \(bhf.org.uk\)](http://bhf.org.uk). If you are considering it, they also have guidance on purchasing blood pressure monitors. We suggest you check the accuracy of your machine once a year. This can be done at a pharmacy or in our pod.

Instructions on how to take home blood pressure readings:

1. Avoid caffeine, smoking and empty your bladder prior to taking the readings.
2. Sit down for five minutes.
3. Measure your BP with your arm on a table at the same level as your heart. It is important that your legs are uncrossed and you avoid talking.
4. Measure your BP twice with one minute between each reading.
5. Repeat this morning and night for 7 days.
6. Use the table below to record your results. SBP is the systolic blood pressure – the larger number that appears first. DBP is the diastolic blood pressure – the smaller number that appears second.

	DAY 1		DAY 2		DAY 3		DAY 4		DAY 5		DAY 6		DAY 7	
	SBP	DBP	SBP	DBP	SBP	DBP	SBP	DBP	SBP	DBP	SBP	DBP	SBP	DBP
AM														
AM														
PM														
PM														
TOTAL														

7. If you are happy to calculate the average blood pressure reading, please calculate from day 2 and ignore day 1. Add all the systolic blood pressure readings up and divide by 24. Then add all the diastolic readings up and divide by 24. Don't worry if you can't do this – we can do it for you.

Average Blood Pressure Reading	
SYSTOLIC	DIASTOLIC