

Home Blood Pressure Measurements

Name:

Date of birth:

This is a guide to correctly measuring your blood pressure at home using a validated automatic blood pressure monitor. (For a list of validated blood pressure devices please follow this link: www.bhsoc.org/bp_monitors/automatic.stm)

- Please take recording when directed by a GP/Nurse.
- For each blood pressure recording take two readings, at least one minute apart, sitting down, legs uncrossed and not talking.
- Record your blood pressure twice daily, ideally in the morning and evening.
- **Record for the full 7 days** – this is important to allow for an accurate average to be ascertained (the first day is discarded to allow you to get used to using the machine as you may feel anxious).
- Record your readings on the chart below:

Day DD/MM/YY	Morning Reading 1	Morning Reading 2	Evening Reading 1	Evening Reading 2
1				
2				
3				
4				
5				
6				
7				

Please complete the following questions for our records:

Do you smoke? Yes/No

If so, did you know that we can offer support to help you stop? Yes/No

Smoking is a significant cause of raised blood pressure. If you would like help stopping smoking please ask at Reception and we will book you an appointment with a Nurse for support.

Please return via post or email (leyburnsurgery@nhs.net)