



Dear Patient

Your blood pressure has been found to be above the recommended target range. If you have not already done so please book a routine 30 min appointment with one of our Healthcare Assistants. The appointment will include an ECG and blood test.

This blood pressure pack contains the following:

- Information leaflet on blood pressure
- Urine sample pot (the sample collected must be the first urine of the day)
- Alcohol screening sheet

Please complete the alcohol screening sheet.

Bring all of the above to the 30 min appointment with the Healthcare Assistant

Yours Sincerely