



## HOME BLOOD PRESSURE (BP) READINGS

NAME.....	<b>PLEASE PROVIDE US WITH THE READINGS ONLY IF REQUESTED</b>
ADDRESS.....	
DATE OF BIRTH.....	

DATE AND TIME	TOP NUMBER (SYSTOLIC BP)	BOTTOM NUMBER (DIASTOLIC BP)	NOTES (eg. medication changes, feeling unwell, etc.)
DAY 1: AM Date: ..... Time: .....			
DAY 1: PM Date: ..... Time: .....			
DAY 2: AM Date: ..... Time: .....			
DAY 2: PM Date: ..... Time: .....			
DAY 3: AM Date: ..... Time: .....			
DAY 3: PM Date: ..... Time: .....			
DAY 4: AM Date: ..... Time: .....			
DAY 4: PM Date: ..... Time: .....			
DAY 5: AM Date: ..... Time: .....			
DAY 5: PM Date: ..... Time: .....			
DAY 6: AM Date: ..... Time: .....			
DAY 6: PM Date: ..... Time: .....			
DAY 7: AM Date: ..... Time: .....			
DAY 7: PM Date: ..... Time: .....			

**PLEASE FOLLOW THE INSTRUCTIONS BELOW TO ENSURE ACCURACY AND CONSISTENCY OF YOUR HOME BLOOD PRESSURE READINGS:**

1. Rest and relax for at least 5 minutes. Do not smoke, have a drink containing caffeine or exercise for 30 minutes before you take your blood pressure.
2. Always measure your blood pressure in the same arm. No tight or restrictive clothing should be worn around the arm.
3. Take the measurements around the same time each day, sitting comfortably, with your arm supported and at heart level. Stretch your arm out with the palm facing upwards. Do not cross your legs as this can raise your blood pressure. Sit still and do not talk whilst the machine is working.
4. Take at least two consecutive readings (leaving at least 1 minute gap between them) and record both. (If the first two readings are very different, take 2 or 3 further readings – you can record them at the back of this form).

**Repeat this for twice daily in the morning and evening for 7 consecutive days.**

5. After returning this form you will be contacted if there are any comments or changes as a result of recordings.

Note: The British & Irish Hypertension Society publishes a list of digital monitors validated for home use. These devices should be regularly serviced and calibrated at least once every 2 years.  
<https://bihsoc.org/?cID=162>