

Home BP recording and average calculation chart

Name:

Date of Birth:

Instructions to patient

You have been given a blood pressure monitor to use at home.
 Wrap the cuff around your arm just above the level of the elbow.
 You should be seated comfortably with your arm supported (e.g., on a table).
 Press the button to inflate the machine and make a note of the reading.
 You should measure your blood pressure in the morning and in the evening.
 On each occasion you should take two readings, about one minute apart.
 So that will be 2 readings in the morning, 2 in the evening, a total of 4 readings each day.
 Record all the readings in the chart for a whole week (turn over the page for days 4 to 7)
 Once this chart is complete, please hand it back into reception and await your results.

		Date	Time	Systolic reading	Diastolic reading	Pulse (optional)
	Example	01/03/2017	7.40am	148	91	72
Day 1	Morning					
	Morning					
	Evening					
	Evening					
Day 2	Morning					
	Morning					
	Evening					
	Evening					
Day 3	Morning					
	Morning					
	Evening					
	Evening					

Day 4	Morning					
	Morning					
	Evening					
	Evening					
Day 5	Morning					
	Morning					
	Evening					
	Evening					
Day 6	Morning					
	Morning					
	Evening					
	Evening					
Day 7	Morning					
	Morning					
	Evening					
	Evening					

if completing form electronically, please email to admin.ivygrove@nhs.net

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For admin use only		SBP	DBP	P
	Average reading			
	Highest reading			
	Lowest reading			