

Home Blood Pressure Monitor Readings

Name:

Date of Birth:

Day	Date		Systolic (higher nr)	Diastolic (lower nr)	Heart Rate	Comments
e.g.	01.05.2015	am	112	96	75	Just had a walk
1		am				
		pm				
2		am				
		pm				
3		am				
		pm				
4		am				
		pm				
5		am				
		pm				
6		am				
		pm				
7		am				
		pm				

Measure from the upper arm using an accurate device. Take your blood pressure whilst seated with your arm and back supported, legs uncrossed and whilst you are not talking.

The first time you measure your blood pressure measure on both arms. In future use which ever arm gives the higher result. Inform you GP if there is a difference between the two arms of >20.

Take two readings a minute apart. Should there be a substantial difference measure a third time. The lowest of the readings is the most accurate.

Measure blood pressure morning and evening for seven days. Record your blood pressure in the table.

Please consider using our website to provide the results: <http://www.stthomasmedicalgroup.co.uk> (Online Services: Provide Blood Pressure Reading). Alternatively you can pass this completed form to your GP or surgery.