

# BP HOME MONITORING CHART

Name: \_\_\_\_\_  
Date of Birth: \_\_\_\_\_



You have been given this machine to monitor your blood pressure at home for one week.

Please take your blood pressure every day for 7 days.

Take two readings each morning and two each evening.

Take the two reading about 5minutes apart, sitting quietly, with your arm resting.

While you are taking the readings do not talk and do not take them after a big meal.

Write down the readings in the table to the right. Once the week is up please bring the monitor and this sheet back to the surgery. We will then contact you to let you know if a further appointment is required.

Date	Time	BP (140/60)	BP after 5 minutes (140/65)	Comment
	AM			
	PM			
	AM			
	PM			
	AM			
	PM			
	AM			
	PM			
	AM			
	PM			
This section to be completed by Unst Health Centre (excludes Day 1)	BP Average			
	BP Average after 5 minutes			
	Overall Average			<input type="checkbox"/> Coded in EMIS