

Home BP Monitoring

Name:

Date of Birth:

Address:

Direction for patient: (Avoid taking blood pressure after vigorous activity, exercise or after eating, as this will increase the value).

- Take the reading while seated comfortable with your feet on the floor and legs uncrossed.
- Ensure that the arm is rested on a flat surface around chest level.
- Record 3 measurement in the morning (1-2 minutes apart), and 3 measurements in the evening (1-2 minutes apart).
- Record the information in the table below; once complete please drop it off at reception along with the monitor.

Day	Date	Time	3 readings in the morning (1-2 minutes apart)			Time	3 readings in the evening (1-2 minutes apart)			Pulse
Example	01/01/2001	07:00 am	125/83	126/73	119/76	08:00 pm	132/88	125/ 82	120/76	
1			/	/	/		/	/	/	
2			/	/	/		/	/	/	
3			/	/	/		/	/	/	
4			/	/	/		/	/	/	
5			/	/	/		/	/	/	
6			/	/	/		/	/	/	
7			/	/	/		/	/	/	

FOR SURGERY USE ONLY :-

Average Systolic reading:

Average Diastolic reading:

Impression: 1. Blood pressure normal (No review)

2. Blood pressure abnormal; Book in for 24-hour BP monitoring