Meanwood Group Practice Meanwood Pharmacy

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HOME MONITORING OF

BLOOD PRESSURE

You have been asked to monitor your blood pressure (BP) at home. We can make a more accurate assessment of your BP in this way. Your monitor should be approved by the British Hypertensive Society. This will be shown on the box.

You should fit the cuff onto your arm as shown in the instructions. Reading should be taken when you are sitting down. 2 BP readings should be taken at least 1 minute apart. They should be taken twice a day, in the morning and in the evening. We need 7 days of readings ideally, but a minimum of 4 days. Enter the readings on the table below. The readings from day 1 will be discarded, and then we will calculate the average from all the other readings.

|  |  |  |
| --- | --- | --- |
| DAY NUMBER | MORNING BP | EVENING BP |
|  | READING 1 | READING 2 | READING 1 | READING 2 |
| DAY 1 |  |  |  |  |
| DAY 2 |  |  |  |  |
| DAY 3 |  |  |  |  |
| DAY 4 |  |  |  |  |
| DAY 5 |  |  |  |  |
| DAY 6 |  |  |  |  |
| DAY 7 |  |  |  |  |
| Office use only: For Dr assessing – Mean of DAY 2 onwards |  |  |  |  |