Name:………………………. Results requested by:

**HOME BLOOD PRESSURE MONITORING**

**CROYARD MEDICAL PRACTICE**

DOB: ………………………… ………………………………..

You have been issued with a home blood pressure (BP) monitor to better assess your BP within your normal environment.

**Instructions how to take your own BP accurately:**

* **Please record your BP twice a day, ideally in the morning when you first get up and before bed**
* **Try to remain relaxed**
* **Place the cuff around your arm above the elbow, ensuring the cuff is secure**
* **Discard the first reading, and repeat a minute later**
* **Enter this result (there are 2 numbers eg 140/80) in the boxes below. The top number is known as the systolic BP and the bottom is the diastolic BP.**
* **Do this for 7 days**
* **If you are able, please calculate your average BP as follows:**

**Ignore the first day of readings (as this was when you were getting used to the monitor) and take an average of the remaining readings. Add up all the top (systolic) numbers, and divide by the number of blood pressures done, then repeat with the bottom (diastolic) number – if you have done 14 readings for the week, then you should divide by 12 (ignoring the first 2 readings on Day 1).**

|  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- |
|  | Day 1  (Ignore these when calculating average) | Day 2 | Day 3 | Day 4 | Day 5 | Day 6 | Day 7 | Average  (Ignore Day 1) |
| Morning | / | / | / | / | / | / | / | / |
| Evening | / | / | / | / | / | / | / |

**Once completed, please hand this form together with the BP monitor (if you have borrowed one), back to the Practice**