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Name:

Date of birth:

HOME BLOOD PRESSURE MONITORING

When to measure you blood pressure:

- Monitor your blood pressure in the morning and evening at roughly the same time;
- Measure your morning blood pressure before you take your medication;
- Don't exercise, smoke, eat or drink caffeine in the 30 minutes before measurements.

How to measuring your blood pressure:

- Sit quietly for 5 minutes before starting (no TV, talking, reading, phone use);
- Sit with feet flat on the floor, legs uncrossed, upper arm bare, back and arm supported with upper arm at the level of the heart;
- Write down the numbers in the table below exactly as they appear on the monitor screen- do not round them up or down;
- Take a minimum of two readings, leaving a minute between each. If the first two readings are very different, take 2 or 3 further readings.

	Date	Morning (6am - 12midday)				Evening (6pm - 12midnight)			
		Reading 1		Reading 2		Reading 3		Reading 4	
Example	12/09	142	79	134	76	159	89	148	85
Day 1									
Day 2									
Day 3									
Day 4									
Day 5									