**Home Blood Pressure Monitoring Leaflet**

You have been asked to measure your blood pressure using a home monitor.

In order to get an accurate blood pressure reading you should not have a full bladder, full stomach, be talking or have just exercised. You should relax as much as possible by taking some nice gentle breaths and be away from noisy or distracting environments. You should be seated in a comfortable chair with your arm at the same height as your heart if possible.

Please take 2 readings in the morning approximately minutes apart and then take 2 readings in the evening, again approximately minutes apart. Please do this for 7 days.

If your blood pressure is persistently higher than 180 at the top or 110 at the bottom please ring the surgery. If you also experience severe headaches, visual disturbances or weakness, ring 111.

**PLEASE ENSURE YOU WRITE YOUR NAME, DATE OF BIRTH AND ADDRESS ON EACH PAGE**

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| --- | --- |
| **NAME:** | **DOB:** |
| **ADDRESS:** | |

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| **DATE** | **DAY** | **BP READING** | **TIME** | **SYMPTOMS** |
| **Day 1 date:** | **Reading 1 (AM)** |  |  |  |
|  | **Reading 2 (AM)** |  |  |  |
|  | **Reading 3 (PM)** |  |  |  |
|  | **Reading 4 (PM)** |  |  |  |
|  | | | | |
| **Day 2 date:** | **Reading 1 (AM)** |  |  |  |
|  | **Reading 2 (AM)** |  |  |  |
|  | **Reading 3 (PM)** |  |  |  |
|  | **Reading 4 (PM)** |  |  |  |
|  | | | | |
| **Day 3 Date:** | **Reading 1 (AM)** |  |  |  |
|  | **Reading 2 (AM)** |  |  |  |
|  | **Reading 3 (PM)** |  |  |  |
|  | **Reading 4 (PM)** |  |  |  |
| **Day 4 Date:** | **Reading 1 (AM)** |  |  |  |
|  | **Reading 2 (AM)** |  |  |  |
|  | **Reading 3 (PM)** |  |  |  |
|  | **Reading 4 (PM)** |  |  |  |
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| **Day 5 Date:** | **Reading 1 (AM)** |  |  |  |
|  | **Reading 2 (AM)** |  |  |  |
|  | **Reading 3 (PM)** |  |  |  |
|  | **Reading 4 (PM)** |  |  |  |
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| **Day 6 Date:** | **Reading 1 (AM)** |  |  |  |
|  | **Reading 2 (AM)** |  |  |  |
|  | **Reading 3 (PM)** |  |  |  |
|  | **Reading 4 (PM)** |  |  |  |
|  | | | | |
| **Day 7 Date:** | **Reading 1 (AM)** |  |  |  |
|  | **Reading 2 (AM)** |  |  |  |
|  | **Reading 3 (PM)** |  |  |  |
|  | **Reading 4 (PM)** |  |  |  |

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| **NAME:** | **DOB:** |
| **ADDRESS:** | |

Once all blood pressure readings have been taken please calculate the average reading. To work out your average blood pressure please follow the instructions below:

1. Add up all the higher numbers and divide by the number of readings taken.
2. Add up all the lower numbers and divide by the number of readings taken.

EXAMPLE:

120/60

130/70

140/80

150/90

**Step 1.** Add up the high numbers:

120 + 130 + 140 + 150 = 540

**Step 2.** Divide the total by number of readings:

540 ÷ 4 (number of readings taken) = 135

**Step 3.** Add up the lower numbers:

60 + 70 + 80 + 90 = 300

**Step 4.** Divide the total by number of readings:

300 ÷ 4 (number of readings taken) = 75

AVERAGE BLOOD PRESSURE USING ABOVE EXAMPLE READINGS = 135/75

**YOUR AVERAGE BLOOD PRESSURE READING =**

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| --- | --- |
| **NAME:** | **DOB:** |
| **ADDRESS:** | |