

How to take your blood pressure at home.

Please check that the blood pressure machine you are using has been validated by the British Hypertension Society. Visit bihs.org.uk for a list and that the size of the cuff fits your arm as it is supposed to. Make sure you are sitting comfortably and that the cuff can be put onto your arm without clothing getting in the way.

Measure your blood pressure in the morning and the evening of 7 consecutive days. Each time do one reading, record it as below, wait 1 minute and then do a second reading and record that one too.

****Please complete the form in black ink - not pencil****

NAME	
Date of Birth	
Address	

	Date	Time of Day	1 st reading		2 nd reading	
			Systolic	Diastolic	Systolic	Diastolic
Day 1		Morning				
		Evening				
Day 2		Morning				
		Evening				
Day 3		Morning				
		Evening				
Day 4		Morning				
		Evening				
Day 5		Morning				
		Evening				
Day 6		Morning				
		Evening				
Day 7		Morning				
		Evening				
Average						

