

Name Date of Birth / /

Home Blood Pressure Record Sheet

Blood pressure to be taken at least **1 hour after** taking blood pressure medication

How to measure your blood pressure at home:

- A good time to check your blood pressure is first thing in the morning and then again in the evening about 12 hours later
- **Avoid things that can raise your blood pressure in the short term.** Avoid caffeine, eating, exercise and smoking for at least 30 minutes before checking your BP. These can temporarily raise your BP.
- **Wear loose-fitting clothes.** Remove any tight clothing on the upper arm, its best to have your arm bare.
- **Rest for five minutes before you take your reading.** Sit with your back supported, legs uncrossed and feet flat on the floor.
- **Make sure your arm is supported and at the same level as your heart.** Keep your arm and hand relaxed, not tensed.
- **Place the arm cuff just above your elbow, 2cm's above the bend in your arm.** Use the correct cuff size to obtain accurate results. The cuff should fit snugly but not tightly.
- **Keep still and quiet while you take your reading.** Moving, chewing, talking and laughing can affect your reading. Make sure you don't cross your legs, as this will raise your reading too.
- **Take two or three readings, each about one to two minutes apart.** If your first reading is much higher than the next, ignore it and take an extra reading.
- **Record your measurements on the following table.** Ideally this is a minimum of 7 days.

		Morning		Evening		
Day	Date	1 st Systolic (upper value)	1 st Diastolic (lower value)	2 nd Systolic (upper value)	2 nd Diastolic (lower value)	Pulse
1						
2						
3						
4						
5						
6						
7						
Total for each column						
Add 1 st & 2 nd Systolic =				Divide total by number of readings =		
Add 1 st & 2 nd Diastolic =				Divide total by number of readings =		

Please email these readings back to the surgery at stjohns@nhs.net