

THE STEWART MEDICAL CENTRE

15 Hartington Road, Buxton, Derbyshire SK17 6JP

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Home Blood Pressure Monitoring Instructions for patients

Once completed, please return this chart to Stewart Medical Centre

- Wear short sleeved/loose fitting clothes and apply the cuff next to your skin
- Sit with uncrossed legs and your arm supported (on a table/desk)
- Rest for 5 minutes before taking readings
- The cuff should be level with your heart
- Use the same arm each time and ensure your arm is relaxed and not tense
- Do not talk or move your arm while taking the measurement
- Take 2 measurements, 1-2 minutes apart, twice a day, for 7 consecutive days
- Record your readings on the chart overleaf
- You should continue to monitor your blood pressure for 7 consecutive days
- If you forget to do a measurement, don't worry: keep going and record as many as you can
- We will use the measurements you have taken to work out your average blood pressure

Name: Date of Birth:

Do not alter your blood pressure medication unless advised by your GP/Nurse

Home Blood Pressure Monitoring Chart					
	Date:	Morning, 1 st reading	Morning, 2 nd reading	Evening, 1 st reading	Evening, 2 nd reading
Day 1:		/	/	/	/
Day 2:		/	/	/	/
Day 3:		/	/	/	/
Day 4:		/	/	/	/
Day 5:		/	/	/	/
Day 6:		/	/	/	/
Day 7:		/	/	/	/

Are you a current smoker? Please tick:	YES	NO	If you know your current weight, please record it here:	
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Please return to Stewart Medical Centre once completed.