

Home Blood Pressure Monitoring



Please make sure your machine is less than 2 years old (or have the machine calibrated by the company that you bought it from) and is taking your blood pressure from your arm and not your wrist

For list of British Hypertension Society Recommended Machines please see <http://www.bhsoc.org/bp-monitors/bp-monitors/>

Each time, please sit quietly for 5 minutes and take two readings, at least 1 minute apart

	<u>Date</u>	<u>Morning</u>	<u>Afternoon</u>
1	e.g. MON 21/1/13	130/80	132/82
		125/76	130/70
1			
2			
3			
4			
5			
6			
7			

Are you having any side effects from your medication? Yes / No

If you are having any side effects from your medication or other queries please make an appointment with the doctor to discuss. This can be on the telephone or at surgery.