

Home Blood Pressure Record Sheet

Home blood pressure monitoring

- We appreciate it is difficult but you should take blood pressure at least twice daily in the morning , evening or any time convenient.
- For each blood pressure recording, take two consecutive measurements at least 5 minutes apart and whilst you are seated.
- Do this for a minimum of 7 days, ideally for 14 days.

Name _____

Date of Birth/Patient Number _____

Date	Time	Systolic (upper value) First reading	Diastolic (lower value) First reading	Systolic (upper value)	Diastolic (lower value)	Pulse

Please email results to: Parkwoodsurgery.bpreadings@nhs.net