

Home BP Monitoring

- Do not check your blood pressure within 30 minutes of smoking, drinking coffee, or exercising or after just getting out of bed
- Rest for a moment or two before taking the reading; repeat after 1 minute and record the second of the readings on this form
- Sit with your feet flat on the floor and your back against a chair
- Check your blood pressure twice daily for 7 days
- Return this form to the surgery as soon as possible after the 7 days

Example of a reading to enter 150/89, enter the 150 in the systole column and the 89 in the diastole column.

Blood Pressure Reading			
Patient Name:			
DOB:			
Reading	Date	Systole	Diastole
AM			
PM			
AM			
PM			
AM			
PM			
AM			
PM			
AM			
PM			
AM			
PM			
AM			
PM			
Average			