Home Blood Pressure Monitoring Sheet

When taking home blood pressure readings, please ensure that:

- 1. For each recording, 2 consecutive measurements are taken at least one minute apart, with the person seated.
- 2. That blood pressure is taken and recorded twice daily, ideally once in the morning and evening.
- 3. That blood pressure recordings continue for at least 4 days, ideally for 7 days.

Record your reading on this sheet.

PATIENT NAME	
EMIS NUMBER	
CONTACT NUMBER	
DOCTOR	

DATE	BLOOD PRESSURE READINGS				
	MORNING		AFTER	AFTERNOON	
	First	Second	First	Second	
Example 15/8/16	151/70	145/69	143/68	147/72	

Please return to Reception on	
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