

Home Blood Pressure Monitoring

Day	Date	Time	Blood	Pressure	Time	Blood	Pressure
eg Monday	1 st December	eg 8:00am	Systolic	Diastolic	eg 8:00pm	Systolic	Diastolic
Average		Readings					

1. Put the cuff on following the instructions that came with your monitor.
2. Make sure you are relaxed and comfortable. If you are anxious or uncomfortable, this will make your blood pressure rise temporarily.
3. When you are taking your reading, keep still and silent. Moving and talking can affect your reading.
4. Take two or three readings, each about two minutes apart, and then work out the average. Some people find that their first reading is much higher than the next readings. If this is true for you, keep taking readings until they level out and stop falling, then use this as your reading.
5. Record your reading in the form above.
6. If you can then average all the readings taken during a week so that you have an average systolic and diastolic reading for the morning and evening

Taken from “Blood pressure Association” guidance on home monitoring. For further information including a video showing how to check your blood pressure, please visit:

<http://www.bpassoc.org.uk/BloodPressureandyou/Homemonitoring/Howtomeasure>