The Wycliffe Medical Practice

**INSTRUCTIONS FOR RECORDING YOUR BLOOD PRESURE AT HOME**

**NAME: DATE OF BIRTH:**

These instructions are for patients who are using their own blood pressure monitors at home – the manufacturer will have supplied instructions for using the machine which you should follow carefully but please read the information below:

**Please take your blood pressure sitting and standing.**

Sit down with your blood pressure monitor on as per the instructions – after 5 minutes take your blood pressure and record below. Stand up, keep the machine attached to your arm, wait 30-60 seconds and then take your blood pressure whilst you are standing.

When you have taken a reading there should be two numbers showing together on the screen, then a P and another number.

The two numbers that appear together represent your blood pressure

The number after the P is your pulse reading

**PLEASE RECORD THESE FIGURES IN THE TABLE BELOW FOR EACH READING**

**PLEASE RECORD YOUR BLOOD PRESSURE MORNING AND EVENING FOR EIGHT DAYS.**

|  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
|  | | **Morning Readings** | | | | **Evening Readings** | | | |
| **Sitting** | | **Standing** | | **Sitting** | | **Standing** | |
| **DAY** | **DATE** | **BP** | **Pulse** | **BP** | **Pulse** | **BP** | **Pulse** | **BP** | **Pulse** |
| example | 1.1.14 | 130/85 | 50 | 125/80 | 52 | 140/90 | 60 | 145/90 | 58 |
| 1 |  |  |  |  |  |  |  |  |  |
| 2 |  |  |  |  |  |  |  |  |  |
| 3 |  |  |  |  |  |  |  |  |  |
| 4 |  |  |  |  |  |  |  |  |  |
| 5 |  |  |  |  |  |  |  |  |  |
| 6 |  |  |  |  |  |  |  |  |  |
| 7 |  |  |  |  |  |  |  |  |  |
| 8 |  |  |  |  |  |  |  |  |  |