

NEW ROAD SURGERY

46 New Road

Bromsgrove

Worcestershire

B60 2JS

Telephone 01527 575 800

Website: www.newroadsurgery.com



HOME BLOOD PRESSURE MONITORING

Instructions For Use:

Aim: To obtain a variety of blood pressure readings in the comfort of your own home

- Take your blood pressure at a variety of times during the day when you have the opportunity to sit down for 5 to 10 minutes.
- Ensure you are seated, and your arm is well supported. Loosen tight clothing. Insert your arm into the cuff following the instructions on your machine. Secure the Velcro cuff.
- Switch machine on and press start, the result will be displayed when complete.
- Sit for about 1 minute and repeat it.
- Sit for a further minute and take it a third time.
- Record the second and third readings at each session stating the date and time, when you have collated your readings, please enter them below. Add any comments that you feel may be helpful.
- Avoid doing your blood pressure when you have been rushing around or following drinking alcohol or coffee as these may affect the result.
- Once the Clinician has reviewed these readings if needed, they will contact you.

**IF YOU HAVE BORROWED A BLOOD PRESSURE MONITOR
PLEASE ENSURE YOU RETURN IT PROMPTLY. WE HAVE A
WAITING LIST TO BORROW THEM.**

HOME BLOOD PRESSURE RECORDING SHEET
Please do *at least 14* readings over the week.

NAME: _____ DATE OF BIRTH: ____/____/____

DATE	TIME	2nd B/P READING	3rd B/P READING
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