

**Name:** \_\_\_\_\_

**DOB:** \_\_\_\_\_

**Requesting G.P.** \_\_\_\_\_

**Date:** \_\_\_\_\_

## Home BP Monitoring



- Ensure sitting in correct position and use validated automatic BP monitor: (<http://www.bhsoc.org/bp-monitors/bpmonitors>)
- Take 2 consecutive measurements, at least 1 minute apart.
- Record BP twice daily, ideally in the morning and evening.
- Continue this for 7 days.

	Morning 1	Morning 2	Evening 1	Evening 2
Day 1				
Day 2				
Day 3				
Day 4				
Day 5				
Day 6				
Day 7				

**Average BP: .....**

Discard the measurements taken on the first day and use the average value of all the remaining measurements:

- Add top numbers (systolic BP) and divide by number of readings
- Add the bottom numbers (diastolic BP) and divide by number of readings