SALTERS MEDICAL PRACTICE

Blood Pressure - Home Monitoring

Name:	DOB:
GP:	

To enable us gain an accurate picture of your blood pressure please:

- Sit quietly without talking and without distractions for 10 minutes
- During that time, record your blood pressure twice, at least one minute apart
- Do this both morning & evening for 7 days, entering the readings on the chart below
- Please return both the readings and the monitor, for the attention of the nursing staff as soon as possible

Thank you

Date	AM - 1 st	AM - 2 nd	PM - 1 st	Pm - 2 nd
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