

Name & Address	Date of birth	Average Blood Pressure reading (for office use only)

## HOME BLOOD PRESSURE CHART

- Measure from the upper arm using an accurate device. It is very important that your arm is supported on a table, with a small cushion if necessary and that the cuff around your arm is at the same level as your heart.
- Take your blood pressure in a quiet place whilst seated, wearing short sleeved or loose fitting clothing with your arm and back supported, legs uncrossed and whilst you are not talking....talking and crossed legs increase blood pressure.
- Always use the same arm.
- Take two readings at least a minute apart, morning and evening for 7 days recording the lower of the two readings onto the BP log sheet. If you need to record any useful comments in the box provided.
- Once you have completed 7 days of measurements and added your name and your date of birth, please hand to your Doctor or into reception.

		SYSTOLIC (Upper number)	DIASTOLIC (Lower number)	COMMENTS		SYSTOLIC (Upper number)	DIASTOLIC (Lower number)	COMMENTS
DAY	AM				PM			
1								
2								
3								
4								
5								
6								
7								



**Sit with your feet on the floor and your upper arm exposed.**



**Wrap cuff around upper arm and rest arm on table so cuff is level with your heart.**



**Press start, cuff will inflate. Review your results in about 30 seconds.**