

## Your Home Blood Pressure Recordings Chart

Please tell us your full name: \_\_\_\_\_

Please tell us your date of birth: \_\_\_\_\_

Date of your first reading: \_\_\_\_\_

### Instructions:

Please record your blood pressure twice each day, ideally in the morning and evening, continuing for at least 4 days, ideally for 7 days.

For each blood pressure recording take two readings at least 1 minute apart whilst seated using a blood pressure machine cuff that goes around the upper arm (above the elbow).

Day	Morning Readings		Evening Readings	
	Reading 1	Reading 2	Reading 1	Reading 2
1	/	/	/	/
2	/	/	/	/
3	/	/	/	/
4	/	/	/	/
5	/	/	/	/
6	/	/	/	/
7	/	/	/	/

Please return this to the medical centre via email [sheccg.gleadlessmc@nhs.net](mailto:sheccg.gleadlessmc@nhs.net), the post box or at reception **and arrange for a GP phone call to discuss the results.**

### Instructions for Staff at Gleadless Medical Centre:

Please enter the above data in to the Excel spread sheet found on the intranet at:

Location: **GP TeamNet:** Home Blood Pressure Monitoring Log & Calculator.xls

Enter the average blood pressure value into the patient's records on EMIS Web (codes: 246d / 246c)