

**Litchdon Medical Centre**  
**Home Blood Pressure Monitoring Instructions for patients**

- **Please return the chart to the Nurse Receptionist before your 6 month review or your next planned appointment**
- Wear short sleeved/loose fitting clothing and apply cuff next to your skin
- Sit with uncrossed legs and your arm supported (on a table/desk)
- The cuff should be at heart level
- Rest for 5 minutes before taking readings
- Use the same arm and ensure your arm is relaxed and not tense
- Do not talk or move your arm during the measurement
- Take 2 measurements, 1-2 minutes apart twice a day, for 7 days
- Record readings on sheet
- You should continue to monitor your blood pressure ideally for 7 days or at least 4 days
- We will use the measurements you have taken to work out your average blood pressure
- If you forget to do any measurements, don't worry, record as many as you can

**Name** .....

**DOB** .....

Do NOT alter your blood pressure medication unless advised by doctor/nurse

**Home blood pressure monitoring chart**

Date	Morning 1 <sup>st</sup> reading	Morning 2 <sup>nd</sup> reading	Evening 1 <sup>st</sup> reading	Evening 2 <sup>nd</sup> reading
Day 1				
Day 2				
Day 3				
Day 4				
Day 5				
Day 6				
Day 7				
Are you a current smoker? Please tick	YES	NO	If you know your current weight please record it here	Weight

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