**Cannington Health Centre**

**Home Blood Pressure Monitoring**

**Please return this form to the Health Centre after completion**

|  |  |
| --- | --- |
| ***Do...*** | ***Don’t...*** |
| * Take sets of BP readings at intervals recommended by your doctor or nurse. * Take a pair of readings not less than one minute apart every morning and evening for 7 days. * Use an upper-arm BP machine with the correct cuff size. * Be seated, rested and relaxed. If this is not possible, skip that pair of readings. * Have the BP machine at the same height as your heart (level with the middle of your chest). * Let you doctor or nurse know if you have any problems with your treatment. | * Measure your BP frequently at other times * Use a wrist BP machine – they are less accurate. * Talk during a reading – it puts up your BP. * Cross your legs – that also puts up your BP. * Ignore a reading you don’t like – write them *ALL* down! Your BP goes up and down anyway: it’s the average that counts and wayward readings won’t unduly affect the average. * Alter your treatment before discussing it with your doctor or nurse. |

**Your name: (Please print clearly)\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_Date of Birth\_\_\_\_\_\_\_\_\_\_\_\_\_**

**Please complete this form in BLACK INK**

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| **Date** | **Time** | **Reading 1** | | **Reading 2** | |
| **BP** | **Pulse** | **BP** | **Pulse** |
|  | **Morning** | **/** |  | **/** |  |
| **Evening** | **/** |  | **/** |  |
|  | **Morning** | **/** |  | **/** |  |
| **Evening** | **/** |  | **/** |  |
|  | **Morning** | **/** |  | **/** |  |
| **Evening** | **/** |  | **/** |  |
|  | **Morning** | **/** |  | **/** |  |
| **Evening** | **/** |  | **/** |  |
|  | **Morning** | **/** |  | **/** |  |
| **Evening** | **/** |  | **/** |  |
|  | **Morning** | **/** |  | **/** |  |
| **Evening** | **/** |  | **/** |  |
|  | **Morning** | **/** |  | **/** |  |
| **Evening** | **/** |  | **/** |  |

**For Health Centre use**

At least 4 days readings required. Discount first day.

Average of all readings in **Days 2-7**: BP \_\_\_\_\_\_\_/\_\_\_\_\_\_\_ Pulse: \_\_\_\_\_\_\_\_\_\_\_\_\_\_