



SELF-MONITORING YOUR BLOOD PRESSURE

Name: Date of Birth:

Ensure that:

- For each blood pressure recording, two consecutive measurements are taken, at least 1 minute apart and when you are seated.
- Blood pressure is recorded twice daily, ideally in the morning and evening. Blood pressure recording continues for between 4-7 days.
- Do not be alarmed by occasional high readings, which are common.
- Record readings as systolic/diastolic, e.g. 139/87
- Your readings will be analysed by your GP and you will then be advised what follow up is required.
- If there is a particular GP you would like your recordings to be passed to please write their name here:
Dr

Date and Day of week	Time	1 st reading – Systolic/Diastolic	2 nd reading – Systolic/Diastolic
	Morning		
	Evening		
	Morning		
	Evening		
	Morning		
	Evening		
	Morning		
	Evening		
	Morning		
	Evening		
	Morning		
	Evening		

Please now calculate your average BP reading, for the number of days you have taken readings for, and record this below. Thank you.

Average BP: -----/-----