

NAME:

ADDRESS:

Date of Birth:

Monitoring Blood Pressure at Home

Make sure you have a validated monitor with an appropriate cuff size. Once you have the monitor, follow these instructions:

- Measure from the upper arm
- Take your blood pressure whilst seated, *with your arm & back supported*, legs uncrossed and not talking (talking and crossed legs increase blood pressure)
- Take 2 readings, at least a minute apart, morning & evening for 7 days recording the lower of the 2 readings below.
- The systolic reading is the upper reading (when your heart beats) & the diastolic reading the lower one (in between beats).

Day	Date	Morning Reading eg 137/82	Evening Reading
1			
2			
3			
4			
5			
6			
7			

A List of MONITORS RECOMMENDED FOR HOME USE IS AVAILABLE AT

<https://bihsoc.org/bp-monitors/for-home-use/>