**Instructions for Home Blood Pressure Monitoring**

(based on British Heart Foundation guidance)

1. In order for readings to be accurate it’s important that you’re resting and that you’re not feeling anxious or stressed.
2. Sit upright in a chair, your back against the back of the chair, and place your feet flat on the floor.
3. Rest your arm on a table if you have one and make sure your hand and arm are relaxed. Don’t clench your fist
4. Place the cuff over your upper arm, making sure you can fit two fingers underneath the cuff. The tubing leads down the centre of your arm.
5. Don’t talk, just relax.
6. Take **two readings** a few minutes apart, and write the **lower reading** in the chart below. You will therefore be taking your blood pressure 4 times each day, and writing down two readings (one morning and one evening).
7. Return this form to us and we will look at the results. We will be in touch if we need to discuss anything further.

**Full Name:** **Date of Birth:**

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| --- | --- | --- | --- | --- |
|   | **Date**  | **Reading 1** (take first thing am)  | **Reading 2** (take in the evening)  | **Notes**  |
| ***Systolic (top)***  | ***Diastolic (bottom)***  | ***Systolic (top)***  | ***Diastolic*** ***(bottom)***  |   |
| **Day 1**  |   |   |   |   |   |   |
| **Day 2**  |   |   |   |   |   |   |
| **Day 3**  |   |   |   |   |   |   |
| **Day 4**  |   |   |   |   |   |   |
| **Day 5**  |   |   |   |   |   |   |
| **Day 6**  |   |   |   |   |   |   |
| **Day 7**  |   |   |   |   |   |   |