**The Writtle Surgery**

**HOME BLOOD PRESSURE MONITORING**

Please take your blood pressure whilst seated comfortably with your arm supported and your feet flat on the floor. Take two readings one minute apart and record the lowest in the appropriate box (e.g. 120/80).

Please record two blood pressures a day, one in the morning and one in the evening. When you have a weeks’ worth of readings bring them to your Doctor/Nurse as instructed.

Please calculate your average BP for the morning and evening readings. To work out your average for the morning you should add all the 7 morning readings together and then divide this number by 7. You then do the same to work out the evening average. Once you have worked out the average for the morning and evening please enter your readings in the bottom table.

**Name: ………………………………………………**

**Date of Birth: …………………………………...**

|  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- |
|  | Day 1 | Day 2 | Day 3 | Day 4 | Day 5 | Day 6 | Day 7 |
| Date |  |  |  |  |  |  |  |
| Morning |  |  |  |  |  |  |  |
| Evening |  |  |  |  |  |  |  |

**Please now calculate your average**

|  |  |
| --- | --- |
| Average Morning Reading: |  |
| Average Evening Reading: |  |