The Wycliffe Medical Practice

**INSTRUCTIONS FOR RECORDING YOUR BLOOD PRESSURE AT HOME**

**NAME: DATE OF BIRTH:**

These instructions are for patients who are using their own blood pressure monitors at home – the manufacturer will have supplied instructions for using the machine which you should follow carefully but please read the information below:

**Please take your blood pressure sitting and standing.**

Sit down with your blood pressure monitor on as per the instructions – after 5 minutes take your blood pressure and record below. Stand up, keep the machine attached to your arm, wait 30-60 seconds and then take your blood pressure whilst you are standing.

When you have taken a reading there should be two numbers showing together on the screen, then a P and another number. Please enter each of the BP readings ie 130/85 in the two columns marked as reading 1 for the 130 and in reading 2 for the 85

The two numbers that appear together represent your blood pressure

The number after the P is your pulse reading

**PLEASE RECORD THESE FIGURES IN THE TABLE BELOW FOR EACH READING**

**PLEASE RECORD YOUR BLOOD PRESSURE MORNING AND EVENING FOR EIGHT DAYS.**

Once you have entered this information please add each column down to work out your total reading by column. Once you have added these numbers together place the figure in the column ‘Total Reading Count’ and then divide this number by the total number of days that you recorded your BP and Pulse.

Eg

|  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- |
|  | Day 1 | Day 2 | Day 3 | Total | Total Days | To Calculate |
| Blood Pressure 1st Reading | 150 | 120 | 160 | 430 | 3 | 430 divided into 3 = 143.33 Therefore 143 |
| Blood Pressure 2nd Reading | 60 | 80 | 60 | 200 | 3 | 200 divided into 3 = 66.66 Therefore 67 |
| Pulse | 70 | 68 | 69 | 207 | 3 | 207 divided into 3 = 69 |

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|  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
|  | | **Morning Readings** | | | | | | | | **Evening Readings** | | | | | |
| **Sitting** | | | | **Standing** | | | | **Sitting** | | | **Standing** | | |
| **DAY** | **DATE** | | **BP (1st)** | **BP (2nd)** | **Pulse** | **BP (1st)** | **BP (2nd)** | **Pulse** | **BP (1st)** | | **BP (2nd)** | **Pulse** | **BP (1st)** | **BP (2nd)** | **Pulse** |
| example | 1.1.22 | | 130 | 85 | 50 | 125 | 80 | 52 | 140 | | 90 | 60 | 145 | 90 | 58 |
| 1 |  | |  |  |  |  |  |  |  | |  |  |  |  |  |
| 2 |  | |  |  |  |  |  |  |  | |  |  |  |  |  |
| 3 |  | |  |  |  |  |  |  |  | |  |  |  |  |  |
| 4 |  | |  |  |  |  |  |  |  | |  |  |  |  |  |
| 5 |  | |  |  |  |  |  |  |  | |  |  |  |  |  |
| 6 |  | |  |  |  |  |  |  |  | |  |  |  |  |  |
| 7 |  | |  |  |  |  |  |  |  | |  |  |  |  |  |
| 8 |  | |  |  |  |  |  |  |  | |  |  |  |  |  |
| Total Reading Count |  | |  |  |  |  |  |  |  | |  |  |  |  |  |
| Average Reading Count |  | |  |  |  |  |  |  |  | |  |  |  |  |  |