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Home Blood Pressure Monitoring Patient Instructions

To help ensure a reliable reading, avoid eating, smoking, or exercising for at least 30 minutes before taking a measurement. Remove any tight-fitting clothing from your upper arm.

1. Sit on a chair with your feet flat on the floor and place your arm on a table so that the arm cuff will be at about the same level as your heart.
2. Apply the cuff to your upper arm or wrist depending on the type of machine you are using. If using upper arm cuff - The air tube should run down the inside of your forearm and in line with your middle finger (as shown in the picture).



3. Secure the cuff around your arm/wrist and ensure that your arm is supported by the table and completely relaxed.
4. Press the START button, ensure that you are relaxed.
 - a. When measurements are complete, the monitor displays your blood pressure and pulse rate, and the cuff automatically deflates.
 - b. The top figure (higher number) is called the **SYSTOLIC** blood pressure and the lower figure is called the **DIASTOLIC** blood pressure. Both figures are important and need to be recorded on the collection sheet.
5. Please use the second page of this information to record your blood pressures for 7 consecutive days.
6. Please drop off the collection sheet at reception when completed for the attention of the doctor/nurse practitioner that asked you to record your blood pressure.

Blood Pressure Readings Monitoring Chart

Patient name:

Patient date of birth:

Doctor/Nurse Practitioner:

Your 'target blood pressure is:

Remember:

- Take readings in the morning and in the evening
- Record two readings on each occasion, a minimum of one minute apart
- Perform recordings for 7 consecutive days

Day and Date	Morning (AM)		Evening (PM)	
1 Date	Top figure	Top figure	Top figure	Top figure
	Bottom figure	Bottom figure	Bottom figure	Bottom figure
2 Date	Top figure	Top figure	Top figure	Top figure
	Bottom figure	Bottom figure	Bottom figure	Bottom figure
3 Date	Top figure	Top figure	Top figure	Top figure
	Bottom figure	Bottom figure	Bottom figure	Bottom figure
4 Date	Top figure	Top figure	Top figure	Top figure
	Bottom figure	Bottom figure	Bottom figure	Bottom figure
5 Date	Top figure	Top figure	Top figure	Top figure
	Bottom figure	Bottom figure	Bottom figure	Bottom figure
6 Date	Top figure	Top figure	Top figure	Top figure
	Bottom figure	Bottom figure	Bottom figure	Bottom figure
7 Date	Top figure	Top figure	Top figure	Top figure
	Bottom figure	Bottom figure	Bottom figure	Bottom figure