

# SELBORNE ROAD MEDICAL CENTRE

Dr Lisa Morris

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## HOME BP RECORDING

**NAME:**

**Date of Birth:**

Please monitor and record your blood pressure at home for 7 consecutive days. On each day, monitor your blood pressure on two occasions - in the morning (between 6am and 12noon) and again in the evening (between 6pm and midnight). On each occasion take a minimum of two readings, leaving at least a minute between each. If the first two readings are very different, take 2 or 3 further readings. Record the **lowest** of each set of readings below (do not round up or down). At the end of the week you will then have 14 readings.

Calculate the average (mean) of these 14 readings – this is the number we will base treatment on. (To calculate the average add all the systolic readings, and divide by number of readings. Do the same for the diastolic).

<b>Date week Beginning</b>		<b>Systolic (top number)</b>	<b>Diastolic (bottom number)</b>
<b>Monday</b>	Morning		
	Evening		
<b>Tuesday</b>	Morning		
	Evening		
<b>Wednesday</b>	Morning		
	Evening		
<b>Thursday</b>	Morning		
	Evening		
<b>Friday</b>	Morning		
	Evening		
<b>Saturday</b>	Morning		
	Evening		
<b>Sunday</b>	Morning		
	Evening		
<b>AVERAGE</b>			