

Guidance for Home Blood Pressure Monitoring

1. Use a well fitting cuff which goes around your upper arm
2. Take readings in the morning and in the afternoon or evening for 7 consecutive days.
3. When taking your blood pressure readings you must be seated for 1 minute prior to taking the reading.
4. Sit for a further minute before taking the second reading.
5. Sit for another minute before taking the final reading.
6. Record the lowest of the 3 readings each time, giving a total of 14 readings over 7 days.
7. Send the record of the readings to The Health Centre in person, by post or by e-mail.

nhsh.gp55376-admin@nhs.scot

NAME.....

DOB.....

ADDRESS.....

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DOCTOR'S NAME.....

DATE	TIME	SYSTOLIC	DIASTOLIC

AVERAGE BP - /

PLEASE RECORD IF ABLE TO DO SO