**INSTRUCTIONS ON HOW TO TAKE A BLOOD PRESSURE READING:**

You should have been sitting down for a few minutes. Put the cuff on your arm and rest your arm on the chair/table so it is approximately at the same level as your heart.

Press the button to record the reading. Whilst the reading is being taken try and keep reasonable still and not talk as the machine is quite sensitive and often does not take a reading if you are moving a lot.

Take 2 readings, 1 minute apart each time you do your blood pressure and write both down.

Try and take a blood pressure twice a day. We ideally need a weeks’ worth of readings but a minimum of 4 days. If possible try to vary the times of day you take your blood pressure as this gives a better picture of an average day reading.

Return the machine and the list of readings to the practice. You will then be contacted if you need to take further action if your BP is borderline or need further tests.

**PATIENT NAME: …………………………………………………………………….**

**D.O.B:…………………………………………………………………………………….**

**CONTACT NO:…………………………………………………………………………**

|  |  |  |  |
| --- | --- | --- | --- |
| **Morning reading** | **2nd morning reading -1 min later** | **Afternoon reading** | **2nd afternoon reading - 1min after first** |
|  |  |  |  |
|  |  |  |  |
|  |  |  |  |
|  |  |  |  |
|  |  |  |  |
|  |  |  |  |
|  |  |  |  |
|  |  |  |  |
|  |  |  |  |