South Milford Surgery

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BLOOD PRESSURE HOME MONITORING RECORD

Your Name	
Your Date of Birth	
Your Address	
Date	

Record your blood pressure twice in the morning and twice in the evening. Sit quietly for 5 minutes before each pair of readings. Leave at least one minute between each measurement. Write both results in the boxes: Systolic (Syst) is the highest number – Diastolic (Diast) is the lower of the two. Whenever possible return the completed form to the practice a week prior to your appointment or if not enough time, please bring this form with you to the clinic. Please read our leaflet: "Home blood Pressure monitoring", also available on our website

		Morning Readings				**Evening Readings**			
Day	**Date**	Reading One		Reading Two		Reading One		Reading Two	
		Syst	Diast	Syst	Diast	Syst	Diast	Syst	Diast
1									
2									
3									
4									
5									
6									
7									
8									