**Claypath Medical Practice**

**Home Blood Pressure Monitoring**

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| --- | --- | --- | --- |
| **Name** | **Date of Birth** | **Date** | **Doctor** |
|  |  |  |  |

1. Sit comfortably by a table where you can rest your arm.
2. Place the cuff on upper arm with the tubing lying down the inside of the arm to the wrist
3. Fasten the Velcro but not too tightly.
4. Sit quietly for a moment and then press the start button.
5. Two blood pressure readings should be taken at least 1 minute apart.
6. The blood pressure should be taken twice during the day preferably in the morning and evening for at least 4 days, and ideally for 7 days.
7. Please record the readings below.

**Please ensure that you return the monitor and readings as advised by the nurse.**

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| --- | --- | --- | --- |
| **Recording** | **Time** | **BP Reading 1** | **BP Reading 2** |
| Day 1 | Morning |  |  |
|  | Evening |  |  |
| Day 2 | Morning |  |  |
|  | Evening |  |  |
| Day 3 | Morning |  |  |
|  | Evening |  |  |
| Day 4 | Morning |  |  |
|  | Evening |  |  |
| Day 5 | Morning  |  |  |
|  | Evening |  |  |
| Day 6 | Morning |  |  |
|  | Evening |  |  |
| Day 7 | Morning |  |  |
|  | Evening |  |  |