

Home blood pressure monitoring record

Name:

DOB:

Today's Date:

(Surgery staff - please date as per coding date below)

You need to take your blood pressure in the morning and evening. On each occasion you need two readings taken more than 1 minute apart. We will discard the first day and then take an average of the remaining 16 readings over the next 4 days to get our result.

Date		1 st reading		2 nd reading	
		Systolic (Top number)	Diastolic (Bottom number)	Systolic	Diastolic
	am				
	pm				
	am				
	pm				
	am				
	pm				
	am				
	pm				
	am				
	pm				

Please return to the surgery when completed

Surgery staff – please put in secretary tray

Mean BP reading	/	Coded to notes by :	Date coded (date of coding to be last day of the readings please)
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Now please put for scanning and workflow to registered doctor (unless requested otherwise) Date of document to be the date of the coding please