

Holmes Chapel Health Centre - Home Blood Pressure Monitoring

When taking home blood pressure readings, please ensure that:

- For each blood pressure recording, two consecutive measurements are taken, at least one minute apart and with the person seated;
- Blood pressure is recorded twice daily, ideally in the morning and evening;
- Blood pressure recordings continue for at least four days, ideally for seven days.

Name:

Date of Birth:

Address:

Unless requested otherwise by a clinician, please only provide your blood pressure readings once every six months

Day	Date	Time	Systolic BP	Diastolic BP	Pulse (if recorded)
Day 1 - 1 st AM					
Day 1 - 2 nd AM					
Day 1 - 1 st PM					
Day 1 - 2 nd PM					
Day 2 - 1 st AM					
Day 2 - 2 nd AM					
Day 2 - 1 st PM					
Day 2 - 2 nd PM					
Day 3 - 1 st AM					
Day 3 - 2 nd AM					
Day 3 - 1 st PM					
Day 3 - 2 nd PM					
Day 4 - 1 st AM					
Day 4 - 2 nd AM					
Day 4 - 1 st PM					
Day 4 - 2 nd PM					
Day 5 - 1 st AM					
Day 5 - 2 nd AM					
Day 5 - 1 st PM					
Day 5 - 2 nd PM					
Day 6 - 1 st AM					
Day 6 - 2 nd AM					
Day 6 - 1 st PM					
Day 6 - 2 nd PM					
Day 7 - 1 st AM					
Day 7 - 2 nd AM					
Day 7 - 1 st PM					
Day 7 - 2 nd PM					

Please email your results to - holmeschapel.healthcentre@nhs.net