



Greyfriars Medical Centre

33-37 Castle Street, DG1 1DL, Dumfries

T: 01387 257 752

Name:.....

Date of Birth: .....

## Blood Pressure Monitoring Chart

Please follow these instructions to monitor and record your blood pressure at home:

- Measure your blood pressure in the **morning** and **evening over 7 day period**.
- Before checking your blood pressure, **avoid** exercising, smoking, or consuming caffeine.
- **Sit quietly for 5 minutes** before starting the measurements.
- Ensure your **arm is supported** on a table, with the cuff at the same **level** as your **heart**.
- Find a **quiet** place to sit and wear short-sleeved or loose-fitting clothing,
- Keep your legs **uncrossed** and **refrain from talking** during taking the readings.
- Take **two readings**, at least a minute apart, in the morning and evening.
- Record **the readings** on the chart below for each day of the 7-day period.

	AM reading	PM reading
	<i>e.g. 124 / 92</i>	<i>e.g. 167 / 112</i>
Day 1	/	/
	/	/
Day 2	/	/
	/	/
Day 3	/	/
	/	/
Day 4	/	/
	/	/
Day 5	/	/
	/	/
Day 6	/	/
	/	/
Day 7	/	/
	/	/

**Average** (to be calculated by a staff member) :

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