

## Taking your blood pressure at home

- Machines with upper arm cuff preferable
- Take your blood pressure in a relaxed atmosphere while sat down
- Two readings a day are required
- Each time, take your blood pressure twice at least one minute apart.  
**Discard the first reading**

**Patient name:**

**Date of birth:**

	Day1	Day2	Day3	Day4	Day5
Week 1 Morning					
Evening					
Week 2 Morning					
Evening					

Average blood pressure (Clinician to record) \_\_\_\_\_