

Patient's Name Date of birth

Address

HOW TO MEASURE YOUR OWN BLOOD PRESSURE

There are a few simple steps that you can follow to be sure that you get an accurate measurement.

Before you take your reading

1. Many things can make your blood pressure rise for a short time. Make sure you do not need to use the toilet and that you have not just eaten a big meal. Do not measure your blood pressure within 30 minutes of drinking caffeine or smoking.
2. Wear loose-fitting clothes like a short sleeved shirt so that you can push your sleeve up comfortably.
3. Always use the same arm for readings, as each arm will give you a slightly different reading. If possible, use the arm that your doctor or nurse uses when measuring your blood pressure.
4. Before you take your readings, rest for a few minutes. You should be sitting down in a quiet place, preferably at a table, with your arm resting on a firm surface and your feet flat on the floor.
5. Make sure your arm is supported and that the cuff around your arm is at the same level as your heart. You may need to support your arm with a cushion to be sure it is at the correct height. Your arm should be relaxed, not tensed.

DO NOT

Round your measurements up or down – if you don't keep accurate records of your blood pressure this may affect the treatment you receive.

Taking your reading

1. Put the cuff on.
2. Make sure you are relaxed and comfortable. If you are anxious or uncomfortable this will make your blood pressure rise temporarily.
3. When you are taking your reading keep still and silent. Moving and talking can affect your reading.
4. Take two readings, each about two minutes apart.
5. Record your reading on the grid overleaf.
6. Write neatly as this sheet will be scanned into your medical records.

Please tick correct box: **Medium Cuff** **Large Cuff**

Example

Date	Reading	First Daily Reading			Second Daily Reading		
		Time	Top (Sys)	Bottom (Dia)	Time	Top (Sys)	Bottom (Dia)
16.7.2012	One	8.30 am	140	70	4.15 pm	145	75
	Two	8.32 am	140	75	4.17 pm	140	70

Reading one and two should be taken 2 minutes apart, whilst seated.

Day One's Reading (not to be included in average)

Date	Reading	First Daily Reading			Second Daily Reading		
		Time	Top (Sys)	Bottom (Dia)	Time	Top (Sys)	Bottom (Dia)
	One						
	Two						

Date	Reading	First Daily Reading			Second Daily Reading		
		Time	Top (Sys)	Bottom (Dia)	Time	Top (Sys)	Bottom (Dia)
	One						
	Two						
	One						
	Two						
	One						
	Two						
	One						
	Two						
	One						
	Two						
	One						
	Two						

CHEW MEDICAL STAFF ONLY

Total columns	-----				-----		
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Add up all readings in each of the above 12 rows. Add both Sys and divide by 24 then add both Dia and divide by 24. This will give you the Average for next box.

Average reading	Sys =	Dia=
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