

Home Blood Pressure Readings

Name: _____

Date of Birth: _____

First line of address: _____

Two sets of readings should be performed each day. Each reading involves two Blood Pressure measurements. The readings should be done while seated after a period of rest. You should avoid exercise or caffeine before the readings. Remain seated for 1 minute in-between the two measurements in both the morning and evening.

Please return the completed chart or submit online. DATE STARTED _____

Day	Morning 1			Morning 2			Evening 1			Evening 2		
	Systolic (high)	Diastolic (low)	Pulse	Systolic (high)	Diastolic (low)	Pulse	Systolic (high)	Diastolic (low)	Pulse	Systolic (high)	Diastolic (low)	Pulse
One												
Two												
Three												
Four												
Five												

Submit online where the average will be worked out for you:

www.wistariaandmilford.nhs.uk and click on patient portal.

Alternatively to work out the average blood pressure you should ignore the first day's readings. Add up all the Systolic readings and divide by 16. Add up all the Diastolic readings and divide by 16.

Average Blood Pressure:

_____ / _____
 Systolic Diastolic