# How to measure your blood pressure at home

1. It is very important that you use an appropriate blood pressure monitor that is on the list of monitors recommended by The British and Irish Hypertension Society (<https://bihsoc.org/bp-monitors/for-home-use/>).
2. Before taking any readings please read the attached instructional leaflet “Taking your blood pressure at home”
3. Once you are happy with the process for checking your blood pressure please take and record the following readings:
   * Take two consecutive readings at least one minute apart and record them in the table below. If the two readings are very different please take a further 2 to 3 readings and record the 2 lowest readings in the table.
   * Record your blood pressure as described above morning and evening for 5 consecutive days
   * Once the table is complete discard the first days readings and then take an average of the remaining readings
4. Alternatively you could use this automated spreadsheet if you wish (double click to open), then save and email it to [Corbett.medical@nhs.net](mailto:Corbett.medical@nhs.net)



**Patient Name: DOB:**

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
|  |  | **Morning** | | **Evening** | |
|  |  | Systolic (top reading) | Diastolic (bottom reading) | Systolic (top reading) | Diastolic (bottom reading) |
| Day 1 | 1st reading |  |  |  |  |
| (Discard these numbers) | 2nd reading |  |  |  |  |
| Day 2 | 1st reading |  |  |  |  |
|  | 2nd reading |  |  |  |  |
| Day 3 | 1st reading |  |  |  |  |
|  | 2nd reading |  |  |  |  |
| Day 4 | 1st reading |  |  |  |  |
|  | 2nd reading |  |  |  |  |
| Day 5 | 1st reading |  |  |  |  |
|  | 2nd reading |  |  |  |  |
| Total for Day 2 to 5 = | |  |  |  |  |
|  |  |  |  |  |  |
| Add day and night systolic = | |  | Divide total day and night systolic by 16 = | |  |
| Add day and night diastolic = | |  | Divide total day and night diastolic by 16 = | |  |

Please email these reading back to the surgery at [Corbett.bp@nhs.net](mailto:Corbett.bp@nhs.net)

