**FURNACE GREEN SURGERY**

**HOME BLOOD PRESSURE MONITORING**

**NAME:……………………………………………………………………………………………………………………………………………..**

**DATE OF BIRTH:**……………………………………………………………………………………………………………………………….

INSTRUCTIONS:-

* Do not smoke, drink caffeine or exercise for 30 minutes prior to taking the reading
* Measure your blood pressure on the same arm each time
* Do not wear tight or restrictive clothing.
* Placed the cuff on the arm with the bottom of the cuff approximately 2cm above the bend in the elbow.
* Rest in a quiet place for approximately 5 minutes before taking your reading.
* Avoid speaking when taking the reading.
* Place both feet flat on the floor and do not cross your legs.
* The arm that is being measured should be supported on a firm surface (such as a table, desk or arm of chair) with the palm facing up at the same level as the heart.
* 2 reading should be taken at least a minute apart.
* The lowest of the 2 reading should be recorded on the blood pressure diary.

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| DAY | TIME | 1ST READING | TIME | 2ND READING |
| SYSTOLIC(top number) | DIASTOLIC(bottomnumber) | SYSTOLIC(topNumber) | DIASTOLIC(bottomnumber) |
| E.G | 0900 | 154 | 86 | 1900 | 138 | 72 |
| 1 |  |  |  |  |  |  |
| 2 |  |  |  |  |  |  |
| 3 |  |  |  |  |  |  |
| 4 |  |  |  |  |  |  |
| 5 |  |  |  |  |  |  |
| 6 |  |  |  |  |  |  |
| 7 |  |  |  |  |  |  |

AVERAGE READING

(for surgery use only)