**NEW ROAD SURGERY**

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**HOME BLOOD PRESSURE MONITORING**

**Instructions For Use:**

**Aim:**  **To obtain a variety of blood pressure readings in the comfort of your own home**

* Take your blood pressure at a variety of times during the day when you have the opportunity to sit down for 5 to 10 minutes.
* Ensure you are seated, and your arm is well supported. Loosen tight clothing. Insert your arm into the cuff following the instructions on your machine. Secure the Velcro cuff.
* Switch machine on and press start, the result will be displayed when complete.
* Sit for about 1 minute and repeat it.
* Sit for a further minute and take it a third time.
* Record the second and third readings at each session stating the date and time, when you have collated your readings, please enter them below. Add any comments that you feel may be helpful.
* Avoid doing your blood pressure when you have been rushing around or following drinking alcohol or coffee as these may affect the result.
* Once the Clinician has reviewed these readings if needed, they will contact you.

IF YOU HAVE BORROWED A BLOOD PRESSURE MONITOR, PLEASE ENSURE YOU RETURN IT PROMPTLY. WE HAVE A WAITING LIST TO BORROW THEM.

**HOME BLOOD PRESSURE RECORDING SHEET**

**Please do *at least* 14 readings over the week.**

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