

## Yelverton Surgery

### 7 day Home Blood Pressure Monitoring Patient Instructions

To help ensure a reliable reading, avoid eating, smoking, or exercising for at least 30 minutes before taking a measurement. Remove any tight-fitting clothing from your upper arm.

1. Sit on a chair with your feet flat on the floor and place your arm on a table so that the arm cuff will be at about the same level as your heart.
2. Apply the arm cuff to your upper arm. The coloured marker should be centred on the inside of your arm and point down the inside of the arm, so that the air tube runs down the inside of your forearm and is in line with your middle finger (as shown in the picture).



3. Secure the cuff around your arm and ensure that your arm is supported by the table and completely relaxed.
4. Press the START button, ensure that you are relaxed.
  - a. When measurements are complete, the monitor displays your blood pressure and pulse rate, and the cuff automatically deflates.
  - b. The top figure (higher number) is called the SYSTOLIC blood pressure and the lower figure is called the DIASTOLIC blood pressure. Both figures are important and need to be recorded on the collection sheet.
5. Please use the second page of this information to record your blood pressures for 7 consecutive days.
6. Please drop off the collection sheet at reception when completed for the attention of the doctor that asked you to record your blood pressure.

## 7 day Blood Pressure Readings Collection chart

**Patient name:**

**Patient date of birth:**

**Doctor:**

Your 'target blood pressure is:

Remember;

- Take readings in the morning and in the evening
- Record two readings on each occasion, a minimum of one minute part
- Perform recordings for 7 consecutive days
- Add the total of each row and record in the last 2 columns (Day 1 results are disregarded)
- Add the total of each of the last two columns

Day and date	Morning		Evening		Row Total Top	Row Total Bottom
<b>1</b>	Top figure	Top figure	Top figure	Top figure		
	Bottom figure	Bottom figure	Bottom figure	Bottom figure		
<b>2</b>	Top figure	Top figure	Top figure	Top figure		
	Bottom figure	Bottom figure	Bottom figure	Bottom figure		
<b>3</b>	Top figure	Top figure	Top figure	Top figure		
	Bottom figure	Bottom figure	Bottom figure	Bottom figure		
<b>4</b>	Top figure	Top figure	Top figure	Top figure		
	Bottom figure	Bottom figure	Bottom figure	Bottom figure		
<b>5</b>	Top figure	Top figure	Top figure	Top figure		
	Bottom figure	Bottom figure	Bottom figure	Bottom figure		
<b>6</b>	Top figure	Top figure	Top figure	Top figure		
	Bottom figure	Bottom figure	Bottom figure	Bottom figure		
<b>7</b>	Top figure	Top figure	Top figure	Top figure		
	Bottom figure	Bottom figure	Bottom figure	Bottom figure		
					Total of row total top	Total Systolic
					Total of row total bottom	Total Diastolic

Total Systolic ÷ 24 = Average home Systolic Blood Pressure

Total Diastolic ÷ 24 = Average home Diastolic Blood Pressure