

# HOME BLOOD PRESSURE MONITORING

TAKE READINGS MORNING AND EVENING OVER THE COURSE OF 7 DAYS. ON EACH OCCASION TAKE 2 READINGS AT LEAST ONE MINUTE APART, WHILST SEATED AND RELAXED.

DATE	SYSTOLIC (top reading)	DIASTOLIC (bottom reading)	DATE	SYSTOLIC (top reading)	DIASTOLIC (bottom reading)	NOTES
<b>AVERAGE READINGS</b>						

NAME :-

DATE OF BIRTH :-

GP:-

OMRON NUMBER :-

PLEASE AVERAGE RESULTS AND RETURN MONITOR AND PAPERWORK TO RECEPTION SO THAT WE CAN PUT THE RESULTS THROUGH TO YOUR REGISTERED OR REQUESTING GP.

MANY THANKS