

BLOOD PRESSURE MONITORING

Now that you have completed the intensive phase of blood pressure monitoring (daily readings and 24-hour monitor) we would like to make sure that your blood pressure remains well controlled. We would like you to use the blood pressure monitor **once a week** (3 consecutive readings at one sitting please) and record it on the chart. You can choose which day of the week you do it. **Please take your readings shortly after breakfast.** We would be grateful if you could try to take your readings at a similar time each week.

For the best results, please try to:

- rest for a couple of minutes before and between each reading
- sit quietly and still, with your arm supported and your legs uncrossed
- ensure that the cuff is on properly (high up your arm, tight enough, over bare skin, wearing loose clothing, with the tube going down the inside of your arm) and well connected to the blood pressure monitor (not loose or obstructed)
- place the blood pressure monitor on a level surface e.g. a table.

Week	Date	Day of Week	Reading 1		Reading 2		Reading 3		Comments
			Top Number (Systolic)	2 nd number (Diastolic)	Top Number (Systolic)	2 nd number (Diastolic)	Top Number (Systolic)	2 nd number (Diastolic)	
1									
2									
3									
4									
5									
6									
7									
8									
9									
10									
11									
12									
13									
14									
15									
16									
17									
18									



Week	Date	Day of Week	Reading 1		Reading 2		Reading 3		Comments
			Top Number (Systolic)	2 nd number (Diastolic)	Top Number (Systolic)	2 nd number (Diastolic)	Top Number (Systolic)	2 nd number (Diastolic)	
19									
20									
21									
22									
23									
24									
25									
26									
27									
28									
29									
30									
31									
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42									
43									
44									
45									

Please note the bottom number on the blood pressure monitor screen is your pulse, and this does not need to be recorded.

PROHIBIT-ICH ID:
Name:

Date collected/received:
Arm used Left / Right: