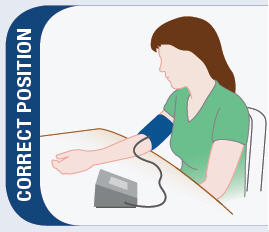
**Measuring My Own Blood Pressure at Home**

**What do I do**

Sit down on a chair or armchair for **FIVE** minutes before you start your measurements.

Rest your arm comfortably on a table or on the arm of a chair.

Wrap the blood pressure cuff around your **UPPER** arms shown in the instructions.

Avoid drinking coffee or alcohol prior to reading.

Relax back on your chair.

Take **TWO** readings at least one minute apart.

Write **BOTH** sets of readings on the chart overleaf.

**What do I write down?**

The machine shows three numbers

Systolic Blood Pressure (the higher number)

Diastolic Blood Pressure (the lower number)

Pulse

Please write all three in the appropriate column on the chart.

Please record your blood pressure **TWICE** each day – two sets of readings in the morning and two sets of readings in the evening.

Please record your blood pressure for at least **FOUR** days, ideally for **SEVEN** days

**DO NOT WORRY** if you miss a few readings!

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| Name: | | | Systolic  (higher reading) | Diastolic  (lower reading) | Pulse |
| Start Date | | |
| Example | Morning | 1st set of readings | **158** | **92** | **82** |
| 2nd set of readings | **128** | **86** | **76** |
| Day 1 | Morning | 1st set of readings |  |  |  |
| 2nd set of readings |  |  |  |
| Evening | 1st set of readings |  |  |  |
| 2nd set of readings |  |  |  |
| Day 1 | Morning | 1st set of readings |  |  |  |
| 2nd set of readings |  |  |  |
| Evening | 1st set of readings |  |  |  |
| 2nd set of readings |  |  |  |
| Day 1 | Morning | 1st set of readings |  |  |  |
| 2nd set of readings |  |  |  |
| Evening | 1st set of readings |  |  |  |
| 2nd set of readings |  |  |  |
| Day 1 | Morning | 1st set of readings |  |  |  |
| 2nd set of readings |  |  |  |
| Evening | 1st set of readings |  |  |  |
| 2nd set of readings |  |  |  |
| Day 1 | Morning | 1st set of readings |  |  |  |
| 2nd set of readings |  |  |  |
| Evening | 1st set of readings |  |  |  |
| 2nd set of readings |  |  |  |
| Day 1 | Morning | 1st set of readings |  |  |  |
| 2nd set of readings |  |  |  |
| Evening | 1st set of readings |  |  |  |
| 2nd set of readings |  |  |  |
| Day 1 | Morning | 1st set of readings |  |  |  |
| 2nd set of readings |  |  |  |
| Evening | 1st set of readings |  |  |  |
| 2nd set of readings |  |  |  |