

## Berkeley Place Surgery - Home Blood Pressure Record

Patient Name: \_\_\_\_\_ DOB: \_\_\_\_\_

Supervising Doctor : \_\_\_\_\_

**Please record your blood pressure twice in the morning and twice in the evening for a week.**

The top number on your machine is the systolic and the bottom number is the diastolic. The systolic is the pressure in your arteries when the heart is pumping and the diastolic is the pressure when the heart is relaxing. We don't need to record the pulse rate. Thank you

Day	Date		Morning		Evening	
			Systolic	Diastolic	Systolic	Diastolic
1		1st measurement				
		2nd measurement				
2		1st measurement				
		2nd measurement				
3		1st measurement				
		2nd measurement				
4		1st measurement				
		2nd measurement				
5		1st measurement				
		2nd measurement				
6		1st measurement				
		2nd measurement				
7		1st measurement				
		2nd measurement				

You can calculate your average blood pressure by calculating the average (mean) of all the **morning and evening** systolic readings and then all of the **morning and evening** diastolic readings from days 2-7. Please **EXCLUDE** the readings from Day 1, as these may be artificially raised before you get used to the machine.

**My average blood pressure =** \_\_\_\_\_ mmHg