



**Patient Name:** .....

**D.O.B:** .....

Telephone: 01397 703136  
e-mail: nhsh.gp55624-admin@nhs.scot

Or affix patient label

[www.tweeddale.com](http://www.tweeddale.com) or 

Requesting Clinician  
(to receive readings) : .....

## HOME BLOOD PRESSURE RECORDINGS

- For each blood pressure recording, please ensure you are seated
- Take two consecutive measurements, at least 1 minute apart
- Record your blood pressure twice daily (ideally in the morning and evening) for 7 days
- **If you get 2 readings higher than 200/100, please speak to a nurse or doctor for advice as soon as possible**

**Start Date:**     /     /

Day	AM		PM	
	1 <sup>st</sup> reading	2 <sup>nd</sup> reading	1 <sup>st</sup> reading	2 <sup>nd</sup> reading
Monday	/	/	/	/
Tuesday	/	/	/	/
Wednesday	/	/	/	/
Thursday	/	/	/	/
Friday	/	/	/	/
Saturday	/	/	/	/
Sunday	/	/	/	/

---

For Office Use Only

Average Reading \_\_\_\_\_ / \_\_\_\_\_ entered into Vision

For work-flow to \_\_\_\_\_

Initials & Date

## **HOW TO TAKE YOUR BLOOD PRESSURE**

- Sit comfortably and quietly and relax for 5 minutes.
- Do not cross your legs at knees or ankles.
- Always use the same arm.
- Place the arm cuff on your upper arm just above your elbow.
- Make sure that the tube is running down the inside of your arm.
- Fasten the cuff using the Velcro patches.
- Press the 'start' button on the machine.
- It takes a little while for the cuff to inflate, settle and take the reading.
- When it starts to deflate and the numbers are constant, that will be the time to note the reading.
- Log the reading on your sheet, wait 1 minute and do it again then log the 2<sup>nd</sup> reading. (The reading will be a big number and a smaller number which should be written on the sheet like **150/90**).
- The memory button on the machine will show you the last reading.
- The machine will switch off automatically.