

TRENT VALE MEDICAL PRACTICE

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Home Blood Pressure Monitoring

Track your readings to help manage your blood pressure

Why Monitor at Home?

Home monitoring gives a more accurate picture of your blood pressure than occasional clinic readings. It helps your GP make better decisions about your treatment.

✓ Quick Guide to Measuring

	Sit quietly for 5 minutes before measuring
	Rest your arm on a table at heart level
	No talking or phone use during measurement
	Avoid caffeine for 30 minutes before

 Helpful video: Search 'Blood Pressure UK how to measure' on YouTube

Understanding your numbers:

 Healthy Below 135/85	 High 135/85 - 180/110	 Very High Above 180/110
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When to Contact Us

Call the surgery if:

- Your readings are consistently above 180/110
- You experience severe headaches, chest pain, or vision changes
- You have concerns about your readings

 **Top tip: Bring this completed form to your next appointment**

More information: www.bloodpressureuk.org

Your Blood Pressure Readings

Measure twice daily for 7 days: Morning and Evening.

Day	Time	1st Reading	2nd Reading	3rd Reading	Notes
Day 1	AM	___/___	___/___	___/___	
	PM	___/___	___/___	___/___	
Day 2	AM	___/___	___/___	___/___	
	PM	___/___	___/___	___/___	
Day 3	AM	___/___	___/___	___/___	
	PM	___/___	___/___	___/___	
Day 4	AM	___/___	___/___	___/___	
	PM	___/___	___/___	___/___	
Day 5	AM	___/___	___/___	___/___	
	PM	___/___	___/___	___/___	
Day 6	AM	___/___	___/___	___/___	
	PM	___/___	___/___	___/___	
Day 7	AM	___/___	___/___	___/___	
	PM	___/___	___/___	___/___	