



The Alresford Surgery

Station Road
ALRESFORD
Hampshire
SO24 9JL

Telephone: 01962 732345

Home Blood Pressure Monitoring

Full Name:

Date of Birth:

You have been asked to record some blood pressure readings at home because your blood pressure at your recent appointment was found to be raised. We know that some patients actually have a normal blood pressure when they are at home and more relaxed.

Please use your blood pressure monitor to record two readings twice a day for the next week.

Ideally these would be in the morning and the evening. Please take two readings at each time, at least a minute apart and record both in the table below.

The best time to take the readings is whilst seated, preferably after five minutes of relaxing and not immediately after food, caffeine, alcohol or exercise.

DATE	AM		PM	
	Reading 1	Reading 2	Reading 1	Reading 2

Once completed, please return this sheet to the surgery – either by hard copy posted or delivered to the address at the top of the page or email a copy to admin.alresford@nhs.net

For office use:

No of days:	Average am (discard 1 st day)		Average pm (discard 1 st day)	
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