**HOME BLOOD PRESSURE RECORD SHEET**

* **PATIENTS WITHOUT DIAGNOSIS OF HIGH BLOOD PRESSURE (HYPERTENSION)**. In order to diagnose whether or not you have high blood pressure, we would ask you to take blood pressure readings **TWICE DAILY**. Please take 2 readings **every morning & every evening,** at least 1 minute apart, for at least **7 consecutive days**.
* **PATIENTS WITH DIAGNOSIS OF HIGH BLOOD PRESSURE (HYPERTENSION)**. If you already have a diagnosis of high blood pressure please take **3** blood pressure readings on **3 separate days** and send to the Practice every 6-12 months. If these show that your blood pressure is not controlled then we would request that you take readings as in Part 1 above.

Name\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Date of Birth \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

| DATE | TIME | SYSTOLIC (UPPER VALUE) FIRST READING) | DIASTOLIC (LOWER VALUE) FIRST READING | PULSE | SYSTOLIC (UPPER VALUE) SECOND READING) | DIASTOLIC (LOWER VALUE) SECOND READING) | PULSE |
| --- | --- | --- | --- | --- | --- | --- | --- |
|  |  |  |  |  |  |  |  |
|  |  |  |  |  |  |  |  |
|  |  |  |  |  |  |  |  |
|  |  |  |  |  |  |  |  |
|  |  |  |  |  |  |  |  |
|  |  |  |  |  |  |  |  |
|  |  |  |  |  |  |  |  |
|  |  |  |  |  |  |  |  |
|  |  |  |  |  |  |  |  |
|  |  |  |  |  |  |  |  |
|  |  |  |  |  |  |  |  |
|  |  |  |  |  |  |  |  |
|  |  |  |  |  |  |  |  |
|  |  |  |  |  |  |  |  |
|  |  |  |  |  |  |  |  |
|  |  |  |  |  |  |  |  |
|  |  |  |  |  |  |  |  |
|  |  |  |  |  |  |  |  |
|  |  |  |  |  |  |  |  |
|  |  |  |  |  |  |  |  |
|  |  |  |  |  |  |  |  |
|  |  |  |  |  |  |  |  |
|  |  |  |  |  |  |  |  |
|  |  |  |  |  |  |  |  |
|  |  |  |  |  |  |  |  |
|  |  |  |  |  |  |  |  |
|  |  |  |  |  |  |  |  |
|  |  |  |  |  |  |  |  |