

1. Wherever possible you should not smoke, have a drink containing caffeine for 30 minutes before you take your blood pressure reading. You should also avoid measuring your blood pressure if you need to use the toilet.
2. Do not wear any tight or restrictive clothing around the arm that you are measuring your blood pressure in. For example, you should avoid rolling up tight shirt sleeves, it is better to slip your arm out instead. Always measure your blood pressure in the same arm.
3. You should rest for at least five minutes before measuring your blood pressure. During this time, you should sit down in a quiet place, try to relax and avoid speaking to anyone
4. To measure your blood pressure, sit in a chair comfortably upright with your arm supported on a table beside you, with both feet on the ground.
5. Put the cuff on your upper arm (5cm above your elbow) resting on the table, the cuff should be roughly at the level of your heart.
6. Press the on/start button on the BP monitor and take two readings at least 1 minute apart
7. Record the readings below. Please make a note if you feel unwell, if you have had any medication changes or any other information you want your doctor to be aware of.

Date		MORNING				EVENING			
		1 st Reading		2 nd reading		1 st Reading		2 nd reading	
		Top Number	Bottom Number	Top Number	Bottom Number	Top Number	Bottom Number	Top Number	Bottom Number
	Day 1								
	Day 2								
	Day 3								
	Day 4								

Please add any comments here that you wish to bring to medical attention.