IVEL MEDICAL CENTRE

Home BP Recording

Full Name: _____

DOB: _____

Record BP At home for 7 consecutive days. Each day take 2 morning readings (at least 2 minutes apart) and then 2 evening readings (at least 2 minutes apart), whilst seated.

At the end of the week you will then have 28 readings. Calculate the average of these 28 readings – this is the number we will base treatment on.

		Systolic (Top Number)	**Diastolic (Bottom Number)**
Monday Date: _____	Morning		
	Morning		
	Evening		
	Evening		
Tuesday Date: _____	Morning		
	Morning		
	Evening		
	Evening		
Wednesday Date: _____	Morning		
	Morning		
	Evening		
	Evening		
Thursday Date: _____	Morning		
	Morning		
	Evening		
	Evening		
Friday Date: _____	Morning		
	Morning		
	Evening		
	Evening		
Saturday Date: _____	Morning		
	Morning		
	Evening		
	Evening		
Sunday Date: _____	Morning		
	Morning		
	Evening		
	Evening		
Average *(Total of the readings divided by the number of readings)*			

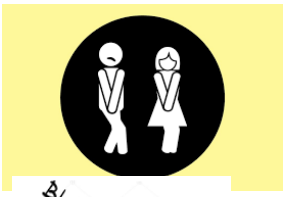
OCIMUM HEALTHCARE LTD

Ivel Medical Centre is a trading name of Ocimum Healthcare LTD.
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Company number: **14737937**

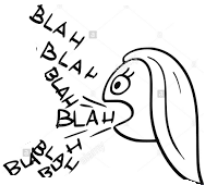
8 Steps to Ensure an Accurate Blood Pressure



1 Taking a BP over clothing can increase the measurement by **10-40mmHg**



2 A full bladder adds **10 – 15mmHg**



3 Talking can add **10 – 15mmHg**



4 Crossed legs can add **2 – 8mmHg**



5 An unsupported back can add **5 – 10mmHg**



6 Unsupported feet can add **5 – 10 mmHg**



7 Unsupported arm can add **10mmHg** – If arm below heart level readings too high. If arm above heart level readings will be too low



8 Avoiding Caffeine, smoking and Exercise for **30 minutes** before checking BP can ensure an accurate reading