

Patient Name: _____

Date of birth: _____

How to write in the readings :

118
78
70

Practice use only

Day 1	118
Date:	78
26/09/2011	70

	Morning Reading 1	Morning Reading 2	Afternoon Reading 1	Afternoon Reading 2
Day 1				
Date:	Pulse	Pulse	Pulse	Pulse
Day 2				
Date:	Pulse	Pulse	Pulse	Pulse
Day 3				
Date:	Pulse	Pulse	Pulse	Pulse
Day 4				
Date:	Pulse	Pulse	Pulse	Pulse
Day 5				
Date:	Pulse	Pulse	Pulse	Pulse
Day 6				
Date:	Pulse	Pulse	Pulse	Pulse
Day 7				
Date:	Pulse	Pulse	Pulse	Pulse

PLEASE RETURN THE BLOOD PRESSURE MACHINE AND RESULTS TO THE SURGERY AS SOON A POSSIBLE

PETERSGATE MEDICAL CENTRE



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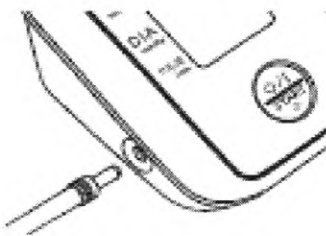
Tel: 01302 390490 Fax: 01302 390412

HOME BLOOD PRESSURE RECORDING

You have been asked to perform blood pressure readings at home to help us assess your usual blood pressure.

You need to do this twice a day for a week, each time taking 2 blood pressure readings about a minute apart, and record them on the attached sheet. **Please bring this back with you when you return the machine.**

How to use the machine:




Insert the arm cuff into the air jack on the side of the unit

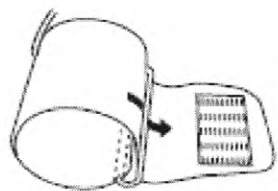
The air tube should run down the inside of your forearm and be in line with your middle finger.

The bottom of the cuff should be approximately 1 to 2 cm above your elbow.

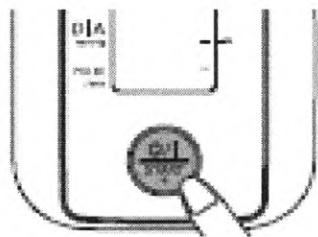
Apply the cuff to your upper arm so that the marker (arrow under tube) is centered on the middle of your inner arm and points down the inside of the arm.



Put your arm through the cuff loop

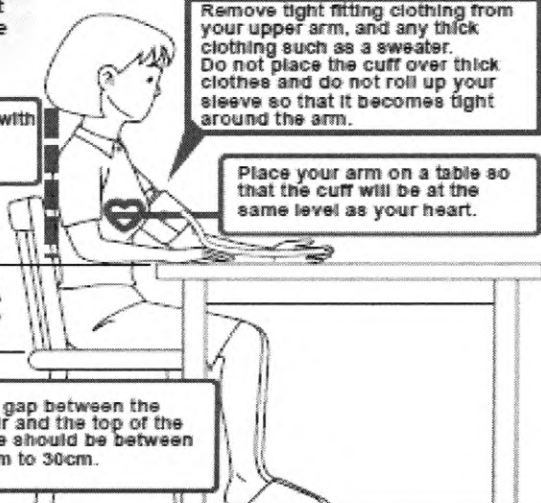


Insert your arm as shown



Press the O/I start button to turn the unit on.
The cuff will inflate automatically and will display your blood pressure and pulse reading when finished

Correct Posture



Sit upright with your back straight.




Remove tight fitting clothing from your upper arm, and any thick clothing such as a sweater. Do not place the cuff over thick clothes and do not roll up your sleeve so that it becomes tight around the arm.

Place your arm on a table so that the cuff will be at the same level as your heart.

The gap between the chair and the top of the table should be between 25cm to 30cm.

Common Causes of Inaccurate Results

Arm cuff is too loose. Movement or talking during measurement. Leaning forwards.



Note: If the arm cuff is at a lower position than your heart use cushions etc., to adjust the height of your arm.

Measurements should be taken in a relaxed seated position

