**NORTH UIST MEDICAL PRACTICE**

**HOME BLOOD PRESSURE READINGS**

**NAME** .......................................................................... **D.O.B** ..................................................

**ADDRESS** ..................................................................................................................................

**ISSUED ON** .................................................. **PLEASE RETURN ON** .................................

* Please **RETURN** the machine **AS SOON AS POSSIBLE** after you have finished your recordings – others are waiting for your machine.
* Please take your Blood Pressure **TWICE**, at least one minute apart, **TWO** times a day for **SEVEN** days.
* We suggest 2 readings in the morning and 2 in the evening.
* You do not need to record your pulse rate unless instructed to do so.

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
|  | AM | | PM | |
|  |  |  |  |  |
| DAY 1 |  |  |  |  |
| DAY 2 |  |  |  |  |
| DAY 3 |  |  |  |  |
| DAY 4 |  |  |  |  |
| DAY 5 |  |  |  |  |
| DAY 6 |  |  |  |  |
| DAY 7 |  |  |  |  |

Please **PHONE TO ASK ABOUT YOUR RESULTS** after the readings are complete with either the doctor or nurse who arranged for you to have the machine. **You are responsible for contacting us.** The best time to phone is usually between 12 and 1.

#### TIPS FOR USING THE MACHINE

* Measure your BP after you have been sitting rested for at least 5 minutes.
* Put the cuff on above the elbow, with the tube at the front pointing down the arm.
* Always use the same arm. (Usually left, if you are right handed).
* Rest your arm on a table (e.g. kitchen table), or the arm of a chair, above your waist and below your shoulder.
* Avoid talking or crossing your legs during the measurement – it tends to increase your readings.
* Try to keep your arm still. Even moving your fingers can cause the machine to give an error message.

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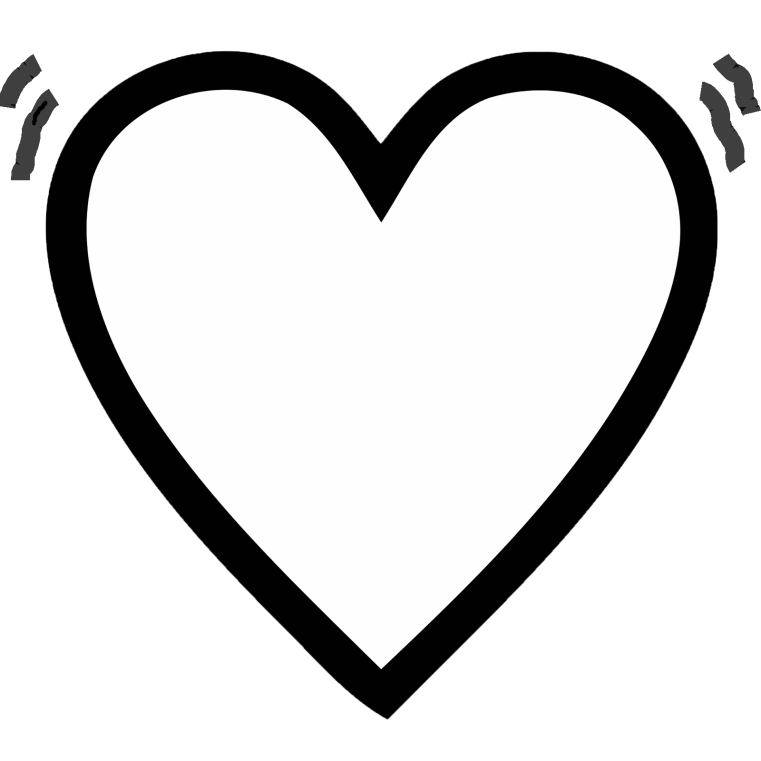
**For use by NUMP:**

|  |  |  |  |
| --- | --- | --- | --- |
| Average Systolic |  | +5 |  |
| Average Diastolic |  | +5 |  |

Entered in notes [ ]

Some machines will alert you to the fact that you have an irregular pulse. Don’t worry if this is the case – it may just mean that you need to come in for some further tests to check it out.

If you see a small heart shaped icon on the screen like this...



... when you take your blood pressure. Please inform the doctor or nurse when you speak to them about your results.

The symbol only appears when the machine detects an irregularity. If it isn’t there – just record your blood pressure as normal.