

Name:

Date of Birth:

Date:

**Machine No**

The Blood Pressure Machines have been purchased by Milton Surgery using money donated by our patients. Please use them considerably and try to make sure they are returned on time (usually they are borrowed for a week) for the next patient

**Instructions**

Please sit for 5 minutes before taking the readings, make sure you are relaxed and then take two readings at least one minute apart and write both readings on the sheet. You should do two pairs of readings a day – ideally in the morning and the evening.

	DATE		TIME	SYSTOLIC	DIASTOLIC	PULSE	COMMENT
1		Morning					
		Evening					

	DATE		TIME	SYSTOLIC	DIASTOLIC	PULSE	COMMENT
2		Morning					
		Evening					

	DATE		TIME	SYSTOLIC	DIASTOLIC	PULSE	COMMENT
3		Morning					
		Evening					

	DATE		TIME	SYSTOLIC	DIASTOLIC	PULSE	COMMENT
4		Morning					
		Evening					

	DATE		TIME	SYSTOLIC	DIASTOLIC	PULSE	COMMENT
5		Morning					
		Evening					

	DATE		TIME	SYSTOLIC	DIASTOLIC	PULSE	COMMENT
6		Morning					
		Evening					

	DATE		TIME	SYSTOLIC	DIASTOLIC	PULSE	COMMENT
7		Morning					
		Evening					

	SYSTOLIC	DIASTOLIC
Sum of readings		
Number of readings		
Average reading		

Now please find the average measurement **excluding the readings taken on the first day:** i.e. add all the readings taking from day 2 to day 7 then divide by total number of readings to find the average measurement.