|  |  |
| --- | --- |
| 132 High Street | Ibstock: 01530 263467 |
| Ibstock | Barlestone: 01455 299920 |
| Leicestershire | [Ibstockhouse@nhs.net](mailto:Ibstockhouse@nhs.net) |
| LE67 6JP | www.ibstockhousesurgery.nhs.uk |

**7 Day Blood Pressure Monitoring Sheet.**

**Name:** ……………………. **Date of Birth:** …………………….

**Address:** ……………………. **NHS no:** …………………….

**Requesting GP:** ………………………............. **Monitor No**: …………………………….….

**Please rest & relax for 5 minutes prior to taking your blood pressure.**

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| **Please complete & add the dates below:** | **AM**  **e.g. 9.00am**  **Sys / Dia** | **AM + 2 mins after**  **e.g. 9.02am**  **Sys / Dia** | **PM**  **e.g.9.00pm**  **Sys / Dia** | **PM + 2 mins after**  **e.g. 9.02pm**  **Sys / Dia** |
| **Date of Day 1:** | **/** | **/** | **/** | **/** |
| **Date of Day 2:** | **/** | **/** | **/** | **/** |
| **Date of Day 3:** | **/** | **/** | **/** | **/** |
| **Date of Day 4:** | **/** | **/** | **/** | **/** |
| **Date of Day 5:** | **/** | **/** | **/** | **/** |
| **Date of Day 6:** | **/** | **/** | **/** | **/** |
| **Date of Day 7:** | **/** | **/** | **/** | **/** |
| ***Staff use only*** | **/** | **/** | **/** | **/** |
| |  | | --- | | ***Staff use only*  Average: /** |   **Please note:** If you have your own home blood pressure monitoring machine, it is advised that you have your machine calibrated once a year to ensure it is working as it should. You can take your machine to your local pharmacy to have this done. | | | | |