|  |  |
| --- | --- |
| 132 High Street |  Ibstock: 01530 263467 |
| Ibstock |  Barlestone: 01455 299920 |
| Leicestershire | 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***  | **/** | **/** | **/** | **/** |
|

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| --- |
| ***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. |