

# Bruton Surgery Home Blood Pressure Analysis

## Instructions

Measure your blood pressure in a relaxed setting, seated with your arm outstretched and supported on a pillow.  
 Record blood pressure in the morning and the evening for a week.  
 On each occasion measure your blood pressure twice with at least a minute in between.  
 Please record the measurements in the spaces below for the number of days that your clinician has asked you to do.



Name:

D.O.B:

Start date:

	Morning BP				Evening BP			
	Reading 1	Pulse	Reading 2	Pulse	Reading 1	Pulse	Reading 2	Pulse
Day 1	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>
Day 2	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>
Day 3	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>
Day 4	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>
Day 5	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>
Day 6	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>
Day 7	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>

## FOR STAFF USE

Average including day 1	<input type="text"/>	/	<input type="text"/>
Average minus day 1	<input type="text"/>	/	<input type="text"/>
	<input type="text"/>	/	<input type="text"/>

**Your Ideal home blood pressure target**  
 If you are 79 years or younger your ideal average blood pressure target is 135/85  
 If you are 80 year or over you ideal average blood pressure target is 145/85

Please fill in your results and return to Bruton Surgery by 'Ask My GP', email ([bruton.surgery@nhs.net](mailto:bruton.surgery@nhs.net)) or by post.