**Lambert Medical Centre**

**Blood Pressure Readings Sheet**

* Please take readings at home in a calm environment
* Take readings in the morning and evening for 7 days
* Take 2 readings, 2 minutes apart either quietly sat down or lying down
* Stand up and take a third reading after waiting for 2 minutes
* Write the reading as it appears in the relevant box e.g. 125/79
* Once complete, please return this form and the machine to the practice
* **The results will be reviewed by a Doctor and you should ring the surgery after 7 days to be advised of the results and any action required.**

Name: Date of Birth: Doctor:

Non Smoker [ ]  Ex-Smoker [ ]  Smoker [ ]  ( Cigarettes per day)

|  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- |
| Day | Date | Morning 1 | Morning 2 | After stood for 2 mins | Evening 1 | Evening 2 | After stood for 2 mins |
| 1 |  |  |  |  |  |  |  |
| 2 |  |  |  |  |  |  |  |
| 3 |  |  |  | **X** |  |  | **X** |
| 4 |  |  |  | **X** |  |  | **X** |
| 5 |  |  |  | **X** |  |  | **X** |
| 6 |  |  |  | **X** |  |  | **X** |
| 7 |  |  |  | **X** |  |  | **X** |

Office use only: Speak to doctor [ ]

 See Doctor in clinic [ ]

 Other message [ ]

Read code 246g