Name: Date of Birth:

**Instructions on taking your Blood Pressure at home as per NICE Guidelines;**

**You should measure you Blood Pressure twice a day, ideally once in the morning and once in the evening while you are sitting down.**

**Each time you do this, you should take 2 readings, 1 minute apart.**

**You should continue to monitor your blood pressure twice daily for at least 4 days and ideally for 7 days.**

**Please record your readings in the table below. These will then be reviewed by the practice turned into an average reading and should your GP feel that the readings are out of range then we will write to you to invite you to attend a Blood Pressure clinic at the surgery.**

|  |  |  |  |
| --- | --- | --- | --- |
|  | **Morning Readings** | **Evening Readings** |  |
|  | **Reading 1** | **Reading 2** | **Reading 1** | **Reading 2** |
|  |  |  |  |  |
| Day 1 |   |   |   |   |
| Day 2 |   |   |   |   |
| Day 3 |   |   |   |   |
| Day 4 |   |   |   |   |
| Day 5 |   |   |   |   |
| Day 6 |   |   |   |   |
| Day 7 |   |   |   |   |
|  |   |   |   |   |

Can you please also record your current smoking status so your notes can be updated.

Never Smoked ( ) Ex Smoker ( ) Smoker ( )

We offer smoking cessation clinics within the surgery, should you wish to know more, please do not hesitate to contact reception for more details.

**Once completed please return your form to the surgery via post, email (****atherstone.surgery1@nhs.net****) or by handing over to the reception staff**