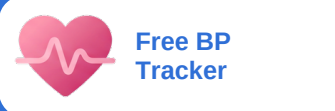


7-day home blood pressure check

The NICE method: 2 readings, morning and evening, for 4 to 7 days



Name _____ Date of birth _____

How to do it

1. Sit on an upright chair with your back supported, feet flat and your arm resting on a table. Relax and don't talk.
2. Each morning and each evening, take 2 readings at least 1 minute apart. Write both down.
3. Carry on for at least 4 days, ideally 7. Day 1 isn't counted - your GP averages days 2 onwards.
4. Use a validated upper-arm monitor with the right cuff size, on the same arm each time.

Day	Date	Morning		Evening	
		1st reading	2nd reading	1st reading	2nd reading
1 (not counted)		/	/	/	/
2		/	/	/	/
3		/	/	/	/
4		/	/	/	/
5		/	/	/	/
6		/	/	/	/
7		/	/	/	/

Working out your average

Add up all the top numbers from days 2 to 7 and divide by how many readings there are. Do the same for the bottom numbers.

Or let freebptracker.com work it out for you.

My average (days 2 to 7): _____ / _____ mmHg

NICE: a home average of 135/85 or higher is counted as high. Share your average with your GP practice.



Keep your readings online - free

Scan the code or visit freebptracker.com to log readings, see your trend and run the 7-day home check step by step. Free, no adverts. Guidance from the NHS and NICE.

Very high reading with chest pain, confusion, blurred vision or breathlessness? Call 999.

My blood pressure log

Write down each reading - take your log to GP and pharmacy appointments



Free BP Tracker

Name _____

Date of birth _____

[illegible]

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