

# Arran Medical Group

## BP HOME READINGS

### INSTRUCTIONS FOR USE:

- When taking BP, be seated comfortably in a chair
- 2 readings to be taken twice daily, 1 minute apart
- Readings to be taken in the morning and evening

**NAME:**

I hereby consent to return the monitor to Arran Medical Group after use.

**Signature:** \_\_\_\_\_

	<b>Date of BP taken</b>	<b>Time taken AM</b>	<b>BP reading 1</b>	<b>BP reading 2</b>	<b>Time taken PM</b>	<b>BP reading 1</b>	<b>BP reading 2</b>	<b>Comments that may be relevant eg <i>just returned from walk/stressful morning</i></b>
<b>Day 1</b>								
<b>Day 2</b>								
<b>Day 3</b>								
<b>Day 4</b>								
<b>Day 5</b>								
<b>Day 6</b>								
<b>Day 7</b>								

Please ensure you have had your eyes checked regularly at your Opticians.

**Date of Last Opticians Review:** \_\_\_\_\_