

Requested by:

As per NICE Clinical Guideline CG127 November 2016

- Home blood pressure monitoring uses a device that is similar to the device used by the doctor or nurse to measure your blood pressure in the GP practice or clinic.
- Please make sure that the monitor cuff is the right size for your arm.
- You should measure your 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 two readings, 1 minute apart.
- You should continue to measure your blood pressure twice daily for at least 4 days and ideally for 7 days.
- Your doctor or nurse will use all the measurements you have taken after the first day to work out your average blood pressure

Day 1		Day 2		Day 3		Day 4		Day 5		Day 6		Day 7	
Morning readings		Morning readings		Morning readings		Morning readings		Morning readings		Morning readings		Morning readings	
Evening Readings		Evening Readings		Evening Readings		Evening Readings		Evening Readings		Evening Readings		Evening Readings	