The Swan Medical Group Automated Blood Pressure Measure At Home
Using your own monitor

Own blood pressure monitors

Many people have their own blood pressure monitors and we are happy to accept readings from these machines. We recommend that you choose a machine recommended by the British Heart Foundation. We also recommend that you use and service the machine in accordance with the manufacturer's instructions. Though we will accept readings from your own monitor we will not accept responsibility for the accuracy or reproducibility of the results. It is your responsibility to choose an appropriate monitor and maintain and use it according to the manufacturer's instructions. By sending us results from your own monitor you accept this responsibility.

Before measurement

- Sit down for 5 minutes in an upright chair with your feet on the floor
- Caffeine, alcohol, nicotine and vigorous exercise all alter BP; so try to ensure you have not taken prior to measurement
- Remove any tight fitting clothing from your arm and place the cuff on the upper arm or wrist as advised by your instruction manual
- During measurement your arm should normally be relaxed, flexed at the elbow and with the palm upward but defer to the instruction on your individual machine

To make a BP measurement

- Make sure you have read and understood your instruction manual and use the monitor in accordance with these instructions
- We need a minimum of four days' worth of readings and a maximum of seven
- We require you to check your blood pressure in the morning and again in the afternoon or evening
- Please take your **blood pressure twice** at each check with at least one minute between blood pressure readings (a total of four readings per day)
- **Record all readings on the sheet provided**

Blood Pressure Measurements (own monitor)

Name:…………………………………………………………………….**D.o.B**………………..

Date	Day	Time of day	First reading	Second reading
	Day one	Morning		
	Day one	Afternoon/Evening		
	Day two	Morning		
	Day two	Afternoon/Evening		
	Day three	Morning		
	Day three	Afternoon/Evening		
	Day four	Morning		
	Day four	Afternoon/Evening		
	Day five	Morning		
	Day five	Afternoon/Evening		
	Day six	Morning		
	Day six	Afternoon/Evening		
	Day seven	Morning		
	Day seven	Afternoon/Evening		

For surgery use
Average reading: =   /